

Look at these pictures and read the information.



volleyball

disabled /dis'eɪbəld/ *adj* someone who is disabled cannot use part of their body. Be careful! Some people think the word "disabled" is too negative. They prefer to use "physically challenged."



wheelchair dancing

Think about it

1. With your partner, answer these questions.

Do you ...	Yes	No
a. see many disabled people in your daily life?	☐	☐
b. know any disabled athletes?	☐	☐
c. ever watch disabled sports on TV?	☐	☐
d. think disabled sports are becoming more popular?	☐	☐
e. know what sports disabled people play?	☐	☐

2. Make a group and compare your answers.

Vocabulary skills: Antonyms



KEY VOCABULARY SKILLS
STUDY SHEET 9, PAGE V9

1. Read this text. Match each word in *italics* with its antonym below.

The Paralympics

Did you know disabled athletes have a ^{1.} *special* Olympic Games? Well, we do. They're called the Paralympics. There are eighteen sports in the Paralympics. I went to the 2000 Paralympic Games in Sydney. It was ^{2.} *wonderful*! Over 1.2 million people came to see us. I think it's great that so many people take an ^{3.} *active* part in disabled sports. And it was so ^{4.} *exciting*! In just eleven days, disabled athletes broke ^{5.} *more* than 300 world and Paralympic records. I didn't win any medals, but ^{6.} *maybe* I will next time!



- a. boring c. fewer e. passive
b. definitely d. ordinary f. terrible
2. Match each word on the left with its antonym on the right.

- | | |
|-------------|-----------|
| a. better | powerless |
| b. easier | old |
| c. forward | backward |
| d. new | well |
| e. powerful | harder |
| f. quicker | add |
| g. remove | different |
| h. same | worse |
| i. sick | slower |
| j. stronger | weaker |

Predicting

1. You are going to read an interview with a man who lost his legs while mountain climbing. However, he can still climb mountains. Look at the title and answer these questions.

Spring Man

- a. How do you think he lost his legs?
b. How can he still climb mountains?

2. Read the text and check your predictions.

Spring Man

INTERVIEWER: In this interview, we speak to Hugh Herr. Hugh lost his legs in an accident. Hi, Hugh. Can you tell me how it happened?

HUGH HERR: Sure. I was mountain climbing in New Hampshire in 1982. Suddenly, the weather became really bad. There was lots of snow, and we couldn't see anything. We got lost. Well, we spent four days on the mountain. The temperature was minus twenty degrees. We didn't have any equipment or food.

INTERVIEWER: So what happened? I guess someone found you, right?

HUGH HERR: Yes, but we were very sick. I couldn't move my legs because of the cold. I spent two months in the hospital. Then the doctors removed both my legs.

INTERVIEWER: Right. So you had no legs. But you wanted to try your best to stay active.

HUGH HERR: That's right. In fact, I decided to make some new legs for myself. I realized that no one has to be physically disabled. We can use modern technology to help us.

INTERVIEWER: And you built these great new legs! Can you go mountain climbing again?

HUGH HERR: Yes, I can. In fact, these are better than climbing shoes. The spring design means that they are much more powerful.

INTERVIEWER: And now you are making running shoes using the same design?

HUGH HERR: Yes. Using the same design I used for my legs, I made some springs to go inside running shoes. They push back up, helping the runner move forward.

INTERVIEWER: And are there any companies interested in your design?

HUGH HERR: Well, at first no one was interested. But finally a Japanese company agreed to help us with our research. In tests, the design really worked! People said they could run easier, and quicker.

INTERVIEWER: Wow! So with springs, we can all become stronger and more powerful ...



Understanding the text

1. Read these questions and write your answers.

- a. In what year did Hugh Herr lose his legs?

.....

- b. What did he decide to do after losing his legs?

.....

- c. Why are his new legs so powerful?

.....

- d. What is he making that also uses the same design?

.....

- e. Find two ways Hugh's running shoes helped the people who tested them.

1.

2.

2. For each statement, write T (true) or F (false).

- a. An American company is helping Hugh develop his running shoes.
- b. Hugh's new legs aren't as good as climbing shoes.
- c. Hugh was in the hospital for three months.
- d. In the beginning, no company was interested in Hugh's running shoes.
- e. Hugh was alone when he had his mountain climbing accident.

3. Match each phrase on the left with one on the right to make sentences.

- | | |
|-------------------------------------|---|
| a. When Hugh was mountain climbing, | with his new spring legs. |
| b. Hugh couldn't move his legs | he used technology to fight his disability. |
| c. After losing his legs, | he got lost in very bad weather. |
| d. He is very pleased | also have springs. |
| e. The running shoes he designed | because of the cold. |

Reading skills: Understanding the main idea



KEY READING SKILLS
STUDY SHEET 7, PAGE R7

1. Look again at the interview "Spring Man." Which one of the following best gives the main idea?

- a. ☐ Sports are good for everyone, including disabled people.
- b. ☐ More disabled people do sports these days.
- c. ☐ Some sports are not easy for disabled people.
- d. ☐ Technology can help disabled people have active lives.
- e. ☐ It's more difficult to enjoy sports if you are disabled.

2. Read this passage. Check (✓) the most appropriate main idea.

Technology steps in again

Disabled sports are becoming more popular, not only to play, but also to watch. People all around the world were able to enjoy the Sydney Paralympics—on the Internet. A company called WeMedia showed 100 hours of Paralympic sports on the Internet. In 103 countries, people used their computers to watch the Paralympic Games. The Sydney Paralympic Organizing Committee's (SPOC) official games website had around 300 million "hits" during the games.

- a. ☐ The Sydney Paralympics were not very popular.
- b. ☐ People all over the world watched the Sydney Paralympics.
- c. ☐ The official Paralympic Games website was very good.
- d. ☐ Some people watch sports on the Internet.
- e. ☐ The company WeMedia is very successful.



Word review

For each word or phrase in *italics*, choose the word or phrase below that has a similar meaning.

SAFE

Hi. I play sports with an organization called Sports Are For Everyone (SAFE). I started a year ago. I'm ^a *physically* disabled. So are many children who play sports here. We ^b *enjoy* sports like wheelchair basketball and tennis. I don't play to win. I play because I like to be ^c *active* and because sports are ^d *exciting*. It helps us understand each other. Some people have a ^e *negative* idea of disabled people. They think we are ^f *weak*. But playing sports together shows we are ^g *strong*. They learn we are ^h *the same* as them.



- | | | | |
|-----------------|--------------|-------------------|-----------------|
| a. 1. very | 2. bodily | e. 1. bad | 2. good |
| b. 1. like | 2. play | f. 1. powerless | 2. unfriendly |
| c. 1. positive | 2. energetic | g. 1. intelligent | 2. tough |
| d. 1. enjoyable | 2. difficult | h. 1. similar to | 2. as clever as |

Talk about it

1. Read these opinions. Check (✓) your answers.

	Yes	No	Maybe
a. I think more disabled people should play sports.	☐	☐	☐
b. I'd like to play sports with disabled people.	☐	☐	☐
c. There should be more disabled sports on TV.	☐	☐	☐
d. I am a little afraid of disabled people. I don't know what to say.	☐	☐	☐
e. If I were disabled, I'd be really unhappy.	☐	☐	☐

2. Make a group and compare your opinions.