**ABLE-BODIED ATHLETE**

**Noun**

**An athlete who does not have a disability.**

Venus Williams is an **able-bodied athlete**.

**ATHLETE WITH A DISABILITY**

**Noun**

**A person who competes in a sport and also has a disability. Avoid the terms handicapped, impaired, and other insensitive words.**

Rico Roman is an amazing hockey player, and he happens to also be an **athlete with a disability**.

**BIATHLON**

**Noun**

**An athletic contest combining two events, especially cross-country skiing and rifle shooting.**

Mia Zukker is competing in both the Para **Biathlon** and Para Cross-Country Skiing.

**BUTTON (CURLING)**

**Noun**

**In curling, the marked center of the target rings (house).**

The curling team tried to throw the rock as close to the **button** as possible.

**CARDIORESPIRATORY ENDURANCE**

**The ability of the heart, lungs, and blood vessels to supply oxygen and nutrients to the muscles during long periods of exercise.**

Nick knew that he needed to increase his **cardiorespiratory endurance** if wanted to win gold in Para Alpine Skiing.

**CLASSIFICATION (PARALYMPICS)**

**Noun**

**A system for determining the minimum disability criteria of a Paralympic sport and separating athletes into classes in order to establish fair competition.**

The International Paralympic Committee uses the **classification** of athletes in order to make the competition fair.

**COMMUNICATION**

**Noun**

**The exchange of information from one person or group to another.**

Kyle’s Para Sledge Hockey team collected a lot of gold medals by focusing on teamwork and **communication**.

**CONTROL**

**Verb**

**To manage or regulate the movement or actions of something.**

During the Para Biathlon, Gina **controlled** her scooter so she wouldn't hurt herself or others.

**COOPERATION**

**Noun**

**The process of working together for a common goal or outcome.**

Without **cooperation**, teams will not have great success during the Paralympics.

**DELIVERY (CURLING)**

**Noun**

**In curling, the action of throwing a stone to the other end of the playing surface.**

Cesar's **delivery** was spot-on; he pushed the rock right on top of the button.

**DELIVERY STICK**

**Noun**

**Used by athletes whose body cannot deliver the rock traditionally, a pole with an attachment that fits over the handle of the rock used to push the rock toward the house.**

The Para Curler used the **delivery** **stick** to push the rock right onto the button.

**DOWNHILL**

**Adjective**

**Characterized by a downward slope.**

Para athletes gain speed when they participate in **downhill** alpine skiing.

**DRIBBLE**

**Verb**

**Maneuvering a ball under the control of a single player. Soccer requires foot dribbling. Basketball requires hand dribbling. Floor hockey requires stick dribbling.**

Mark had developed such good stick-handling skills that he could **dribble** the puck past several players.

**ELIGIBLE IMPAIRMENT**

**Noun**

**A disability that enables a Para athlete to compete in the Paralympic Games. The ten eligible impairments are impaired muscle power, impaired passive range of motion, limb deficiency, leg length difference, short stature, hypertonia, ataxia, athetosis, visual impairment, and intellectual impairment.**

The Paralympic Committee considers an athlete's **eligible impairment** during the classification process.

**END (CURLING)**

**Noun**

**The segments a curling game is divided into; similar to innings in baseball.**

A game of curling is usually divided into 8 or 10 **ends**.

**ETIQUETTE**

**Noun**

**The set of customary or acceptable behaviors among members of a group or in a specific setting.**

Brad demonstrated proper **etiquette** for Para Curling by being quiet while Macy was delivering the rock.

**FLAT**

**Adjective**

**Without a slope, curve, or bump.**

Para athletes need to use their poles to gain speed on the **flat** surface when they participate in Para Alpine Skiing.

**GIANT SLALOM**

**Noun**

**A long-distance version of slalom (a ski race down a winding path marked by gates) but with gates spaced farther apart.**

In **Giant Slalom**, athletes must make wide turns in order to hit all of the gates.

**GUIDANCE**

**Noun**

**Advice or information aimed at helping a person or group reach a goal, resolve a problem, or improve.**

A good coach offers **guidance** and support for her athletes.

**GUIDE**

**Verb**

**To provide a person or group with advice or information in order to help them reach a goal, resolve a problem, or improve.**

Because he was blindfolded, Matthew relied on his partner to **guide** him through the course.

**GUIDE**

**Noun**

**A person who provides a person or group with advice or information in order to help them reach a goal, resolve a problem, or improve.**

Because Susan was blindfolded, she relied on her **guide** to help her navigate the course.

**HAMMER (CURLING)**

**Noun**

**In curling, the last rock thrown in an end.**

It was a close game, so when Gayle threw the **hammer** and it landed on the button, her team was super excited!

**HEALTH-RELATED FITNESS**

**Noun**

**A group of 5 physical characteristics that contribute to a person’s overall well-being. The 5 components of Health-Related Fitness include Cardiovascular Endurance, Muscular Strength, Muscular Endurance, Flexibility, and Body Composition.**

Para Alpine Skiing requires a lot of strength and endurance, and it's a great way to improve our **health-related fitness**.

**HOUSE (CURLING)**

**Noun**

**In curling, the four rings that form a bull's eye at each end of a sheet of ice (rink). It consists of the 12-foot ring, the 8-foot ring, the 4-foot ring, and the button.**

Even though it didn't land on the button, Bernadette was proud that the rock she threw landed in the **house**.

**INTEGRITY**

**Noun**

**The quality of having sound moral principles.**

John refused to cut corners and skip gates during Para Alpine Skiing because of his **integrity**.

**LEAD (CURLING)**

**Noun**

**In curling, the player who throws the first two rocks of the end.**

The **lead** on Dierdre's curling team threw two great shots to set them up for success.

**MUSCULAR ENDURANCE**

**Noun**

**The ability of a muscle to continue to perform without fatigue.**

Because Brenna had worked so hard to develop her **muscular endurance**, she performed more push-ups than anyone else in the class.

**MUSCULAR STRENGTH**

**Noun**

**The maximum amount of force a muscle can produce in a single effort.**

Push-ups, squats, and other exercises will help you develop your **muscular strength**.

**OUTRIGGER SKI**

**Noun**

**Ski poles used by Para Skiers to assist with balance and other forms of control; often characterized by small "skis" on the bottom of the pole and arm attachments at the top.**

**Outrigger skis** helped Alex maintain her balance while she was going down the hill.

**OVERHAND**

**Adjective**

**Executed with the arm or hand above shoulder level.**

Lucy hit the target 6 times using an **overhand** throw during the Para Biathlon.

**PARA**

**Prefix**

**Characterized or relating to the Paralympic sport movement.**

Lucy's goal is to compete in **Para** Swimming when she is older.

**PARA ATHLETE**

**Noun**

**A person with an eligible impairment who competes in a Para sport but has not competed in the Paralympic Games.**

The **Para athletes** who compete in the Paralympics are strong and incredibly skilled.

**PARA [SPORT]**

**Noun**

**The proper way to describe a sport that is played in the Paralympic Games.**

**Para** **Swimming** is a very competitive sport.

**PARALYMPIAN**

**Noun**

**Any athlete who has competed in the Paralympic Games, past or present.**

Trischa Zorn is a world-renowned **Paralympian**.

**PARALYMPIC GAMES**

**Noun**

**Also called the Paralympics. An international, multi-sport event in which athletes with a broad range of eligible impairments compete. The Paralympic Games take place every two years, alternating between the Summer and Winter Games.**

The **Paralympic Games** will be held in Pyeongchang, South Korea in 2018.

**PASS**

**Verb**

**To move an object from one space to another.**

During the Para Sledge Hockey game, Theresa **passed** the puck to Kyle to score the game-winning point.

**PHYSICAL ACTIVITY**

**Noun**

**Any physical movement that uses the body’s energy.**

**Physical activity** is an important part of living a healthy lifestyle.

**POWER**

**Noun**

**The ability to produce maximum force in the shortest time.**

Lorena used more **power** when she wanted to throw the rock really far.

**RINK (CURLING)**

**Noun**

**1) A curling team.**

**2) The name of the space in which a curling game is played.**

In curling, there is a house at either end of the **rink**.

**ROCK (CURLING)**

**Noun**

**The granite object that a curler throws (delivers). Also called the stone, it usually weighs about 44 pounds.**

Katrina threw the **rock** down the length of the rink so that it stopped as close to the button as possible.

**SAFE**

**Adjective**

**Protected against physical, social, and emotional harm.**

We must always use **safe** behaviors so that no one gets hurt.

**SAFETY CONCERNS**

**Noun**

**A matter of interest or importance to the well-being of a person, group, place, or thing.**

It's important to remember all the **safety concerns** that arise during physical education class.

**SECOND (CURLING)**

**Noun**

**In curling, the player who throws the third and fourth stones of the end.**

Caitlin liked to be her team's **second** because it gave her a chance to knock out previous rocks.

**SIT-SKIS**

**Noun**

**Also known as mono-skis; characterized by a molded seat mounted on a metal frame with built-in shock absorbers and outrigger skis for stability.**

Athletes with lower-limb disabilities often use **sit-skis** in competition.

**SKILL-RELATED FITNESS**

**Noun**

**A group of 6 psychomotor characteristics that contribute to a person’s ability to successfully complete a physical performance. The 6 components of Skill-Related Fitness include Agility, Balance, Coordination, Power, Reaction Time, and Speed.**

There are many opportunities in the Para Biathlon to develop our **skill-related fitness**.

**SKIP (CURLING)**

**Noun**

**The captain of a curling team and the person who throws the final two stones of an end. S/he makes strategy decisions, telling the other players where to throw the rock.**

Marianne knew that acting as her team's **skip** was a great responsibility.

**SLALOM**

**Noun**

**A ski race down a winding path marked by gates.**

In **Slalom**, the gates are not far apart, which forces the athlete to make quick, short turns.

**TARGET**

**Noun**

**An object selected as the aim of attention or attack.**

Muhammad threw carefully and hit the very center of the **target**.

**TEAMWORK**

**Noun**

**The combined action and effort of a group of people working toward a goal or purpose.**

The key to scoring an eight-ender in curling is **teamwork**; without each other, the players cannot succeed.

**THIRD (CURLING)**

**Noun**

**In curling, the player who throws the fifth and sixth stones of the end. S/he helps the Skip with strategy and posts the score at the conclusion of the end. Also called the mate or the vice.**

Tanuj and Madelene were best friends, so they worked together well when she was the skip and he was the **third**.

**THROW**

**Verb**

**To propel an object with force through the air by a movement of the arm and hand.**

The Para Biathlon requires players to **throw** with as much accuracy as possible.

**UNDERHAND**

**Adjective**

**Executed with the arm or hand below shoulder level.**

It is easier to throw something gently if you use an **underhand** throw.

**VIGOROUS**

**Adjective**

**Done with great force and energy.**

**Vigorous** exercise helps your heart become strong and healthy.