

Information on the Paralympics



The first recorded competition between disabled athletes was in 1948 in Stoke Mandeville, England.



1960 was the first time the Olympics and Paralympics were held together in Rome, Italy.



Athletes with a learning disability were first included in the Paralympics in 1996.



The Paralympics in Rio start on the 7th September 2016.



In the 2016 Rio Paralympics athletes with a learning disability can compete in Athletics, Swimming and Table Tennis.



There are 7 athletes from Great Britain (GB) with a learning disability competing this year in Rio.



5 GB athletes with a Learning Disability are competing in the swimming events.

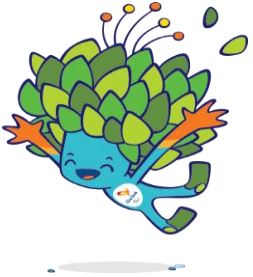


2 GB athletes with a Learning Disability are competing in the athletics.

Paralympic Facts



There are 4 values for the Paralympics. These are Courage, Determination, Inspiration and Equality.



The mascot for the Rio 2016 Paralympics is called Tom. He is made from all the plants in the Brazilian forests.



The word Paralympic is from a Greek word meaning 'beside' and refers to a competition held in parallel with the Olympic Games.

Jessica-Jane Applegate



Jessica-Jane Applegate is a Mencap Ambassador and is competing at the Rio Paralympics in the Swimming.

Jessica-Jane won gold at London 2012 in the 200m Freestyle. Rio 2016 is her second Paralympics.



When to watch Jessica-Jane on Channel 4:

Heats from 1.30pm, Finals from 9pm

Thursday 8th September - S14 100m backstroke

Sunday 11th September - S14 200m Freestyle

Wednesday 14th September - S14 100m Breaststroke

Saturday 17th September - S14 200m Individual Medley

Make your own Paralympic torch



Things you will need

- A3 paper
- Cellotape
- Scissors, Glue
- Things to use as decoration. We used glitter, coloured pens, paper, feathers, tissue paper, but you can use anything you have handy.



1. Roll the A3 paper into a cone with one end thinner than the other



2. Use the tape to make sure your Paralympic torch stays in shape



3. Decorate!



4. Let us know how you get on by sending us the pictures to sport@mencap.org.uk or Tweet @LDsportalliance

Have a look below at the torches we made for some inspiration!

