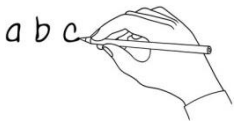
Brydi's story



1. Fill it in!

Complete the sentences.

able-bodied	~~competitively~~	achieve	disability
Paralympics	self-esteem	bully	overcome

a. When you do a sport in competitions, you do it *competitively*.

b. For someone with a _____, it can be hard to do some of the things that other people do.

c. If you _____ someone, you hurt them or make them feel bad again and again.

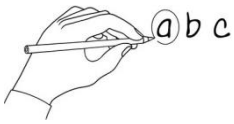
d. If you feel good about yourself, you have good _____.

e. If you _____ bullying, you stop it from controlling your life.

f. For people who are _____, it isn't difficult to do the things that other people can do.

g. The _____ is a competition like the Olympics for people with disabilities.

h. If you _____ something, you work hard and reach your goal.



2. True or false?

Watch the video. Circle true or false for these sentences.

a. Brydi races in a wheelchair in competitions.	*true*	*false*
b. Brydi first played wheelchair basketball, then she started wheelchair racing.	*true*	*false*
c. Brydi always had a lot of friends at school.	*true*	*false*
d. The Just Like You programme helps children understand people with disabilities.	*true*	*false*
e. Brydi wants to show that people with disabilities can do great things.	*true*	*false*
f. Brydi's dream is to go on holiday to Paris.	*true*	*false*

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3. Fill it in!

Watch the video. Complete the sentences.

training	~~wheelchair racing~~	Paralympics	team
disability	achieve	compete	bullying

a. My favourite thing about wheelchair racing is that I can go super fast.

b. Having a _____ can sometimes make it hard for kids at school.

c. I'm excited to teach kids that they can overcome _____.

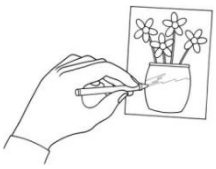
d. My biggest goal is to go to Paris for the _____ in 2024.

e. I'm _____ really hard with my coach.

f. I want to _____ in the 100m, 200m and 10km races.

g. I want to be in the wheelchair basketball _____.

h. I'm going to _____ big things.



4. Write and draw!

What are your favourite sports? Do you want to take part in a big competition one day? Write about it and draw a picture!

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