



# Olympic & Paralympic Sports



01

**Olympic  
Sports**

# Archery



**Archers use bows and arrows to aim at targets. It requires a lot of focus, concentration, and skill to hit the bullseye!**

# Badminton



**Badminton is like tennis, but instead of a ball, players hit a shuttlecock over a net using racquets. It's a fast-paced and exciting game!**

# Track & Field



**This is all about running, jumping, and throwing. Athletes compete in events like running races, long jumps, high jumps, and throwing the javelin or discus.**

# Sailing



**Sailors navigate boats across the water using the power of the wind. They adjust their sails and steer their boats to race around courses marked by buoys, testing their sailing skills and strategy.**

# Rowing



**Rowers sit in boats and use oars to propel themselves through the water. It requires teamwork and strength to race against other teams.**

# Skateboarding



**Skateboarders perform tricks and maneuvers on ramps, rails, and other obstacles**

# Boxing



**Boxers enter the ring and use their fists to punch their opponents while dodging punches themselves. It's all about strength, speed, and strategy.**

# Canoeing



**Athletes race by paddling in canoes or kayaks through calm or rough waters.**

# Fencing



**Fencers wear protective gear and use swords to score points by touching their opponents. It's like a game of strategic sword fighting!**

02

**Paralympic  
Sports**



# Para Athletics



**Similar to track and field in the Olympics, para athletics includes running, jumping, and throwing events for athletes with various impairments.**

# Para Archery



**Archery adapted for athletes with disabilities, including wheelchair users.**

# Para Badminton



**Badminton adapted for athletes with physical impairments.**

# Wheelchair Basketball



**Basketball adapted for athletes with physical impairments, who compete in wheelchairs**

# Para Powerlifting



**Para Powerlifting: Powerlifting adapted for athletes with physical impairments.**

# Para Sitting Volleyball



**Volleyball adapted for athletes with physical impairments, who compete while seated.**

# Wheelchair Rugby



**Rugby adapted for athletes with physical impairments who compete in wheelchairs.**