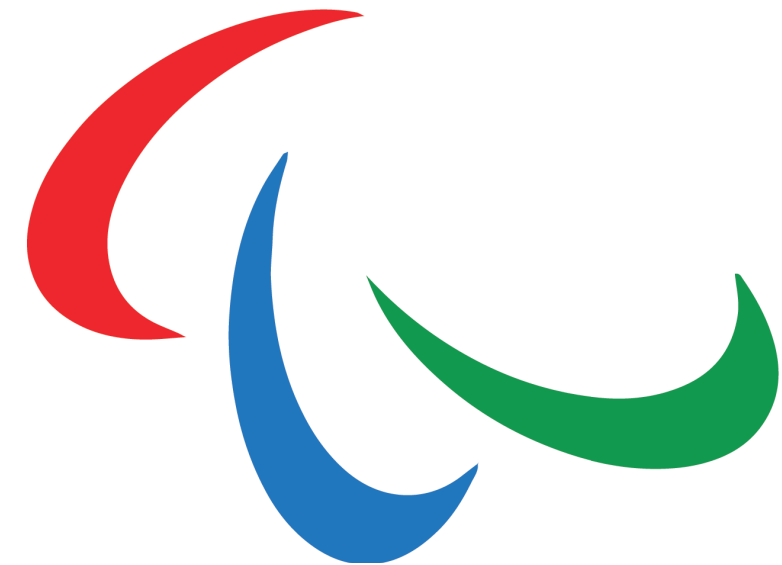


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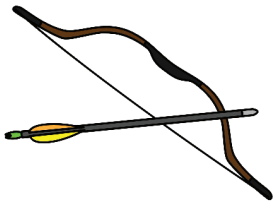
## Paralympics

### Events in the Paralympics

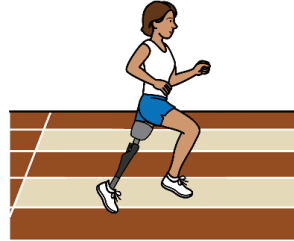
### Key Word Sign



para archery



para athletics



para badminton



## PARA TABLE TENNIS

Fingerspell P, A, R, A.

Hold flat non-dominant hand in front of body with palm facing up. Place edge of non-dominant flat hand perpendicular to palm, sweep back and forth on palm several times.

## PARA TAEKWONDO

Fingerspell P, A, R, A.

Hold both flat hands in front of body, fingers pointing forwards and palms facing in. Alternately glide each hand forward and back several times.

## PARA TRIATHLON

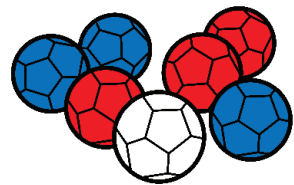
Fingerspell P, A, R, A.

1) Place open hands in front of body, palms down, move hands in outwards circles or arcs as though swimming breast stroke (natural gesture).  
2) Extend and crook index fingers of both hands, palms facing down. Alternate forward circular motions with each hand whilst moving hands away from body.  
3) Move fists in alternate forward circles, as if running (natural gesture - mime the action).

blind football



boccia



para canoe



## WHEELCHAIR BASKETBALL

Extend index fingers of both hands, place at each side of body and trace outline of wheels.

Hold flat dominant hand at side of body, chest height. Bounce up and down several times.

## WHEELCHAIR FENCING

Extend index fingers of both hands, place at each side of body and trace outline of wheels.

Wrap dominant index finger over thumb, close other fingers. Hold at waist height on dominant side of body, rotate wrist around in an outward circle as arm moves forward. End with palm facing up.

## WHEELCHAIR RUGBY

Extend index fingers of both hands, place at each side of body and trace outline of wheels.

Very slightly cup both hands, palms up and hold in front of body at waist height. Simultaneously move hands side to side, twice.

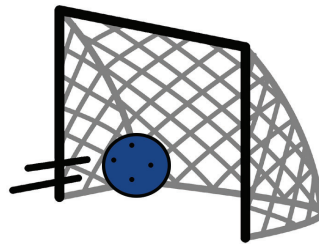
para cycling



para equestrian



goalball



## WHEELCHAIR TENNIS

Extend index fingers of both hands, place at each side of body and trace outline of wheels.

1) Release fingers of non-dominant hand as arm is raised, like throwing a ball up in the air.  
2) Wrap dominant index finger over thumb, raise and move formation forward, like hitting a ball.

## ONE

Extend dominant index finger, finger pointing up, palm toward body (natural gesture).

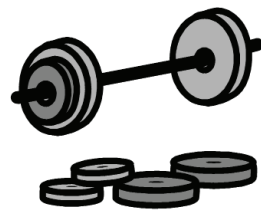
## TWO

Extend dominant index and middle fingers, fingers pointing up, hold fingers slightly apart, palm toward body (natural gesture).

para judo



para powerlifting



para rowing



## THREE

Extend dominant index, middle and ring finger, fingers pointing up, hold fingers slightly apart, palm towards body (natural gesture).

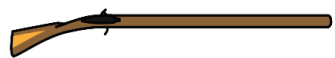
## FOUR

Extend dominant index, middle, ring and little finger, with fingers pointing up and palm towards body (natural gesture).

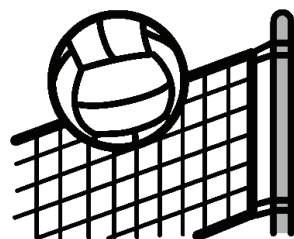
## FIVE

Extend all fingers and thumb of dominant hand, fingers pointing up, hold them slightly apart, palm towards body. \*May have palm facing away from body (natural gesture).

shooting para sport



sitting volleyball



para swimming



## SIX

Make a dominant fist, extend and crook thumb, palm toward body.

## SEVEN

Extend index finger and thumb of dominant hand and hold with palm toward body.

## EIGHT

Extend thumb, index and middle fingers of dominant hand, palm toward body.

## PARA ARCHERY

Fingerspell P, A, R, A.  
Extend index finger of non-dominant hand and hold in front of body, palm facing forward. Spring dominant index finger away from tip of extended finger, opening to spread fingers whilst doing so.

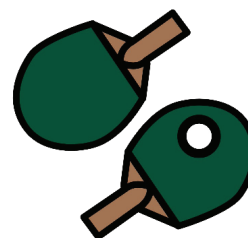
## PARA ATHLETICS

Fingerspell P, A, R, A.  
Hold flat hands at sides of body, fingers pointing forwards. Alternately move up and down, like when running.

## PARA BADMINTON

Fingerspell P, A, R, A.  
Wrap dominant index finger over top of thumb, close other fingers. Hold formation at shoulder height and flick back and forth from wrist.

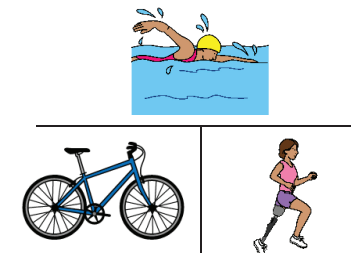
## para table tennis



## para taekwondo



## para triathlon



## BLIND FOOTBALL

Extend, crook and spread dominant index and middle fingers. Move this formation from side to side in front of eyes, twice.  
Form a fist with dominant hand. Tap once on forehead.

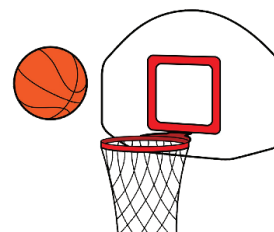
## BOCCIA

Fingerspell B-O-C-C-E.  
Swing dominant hand and arm in a forward arc at waist level, like rolling a ball.

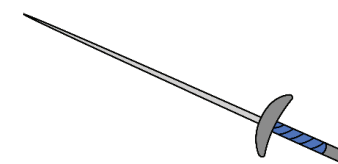
## PARA CANOE

Fingerspell P, A, R, A.  
Hold both fists in front of body, dominant fist higher than non-dominant. Simultaneously move fists downwards along non-dominant side of body.

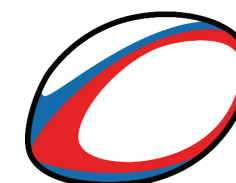
## wheelchair basketball



## wheelchair fencing



## wheelchair rugby



## PARA CYCLING

Fingerspell P, A, R, A.  
Extend and crook index fingers of both hands, palms facing down. Alternate forward circular motions with each hand whilst moving hands away from body.

## PARA EQUESTRIAN

Fingerspell P, A, R, A.  
Place extended dominant index and middle fingers over extended non-dominant index finger, bounce twice.

## GOALBALL

1) Cover both eyes with flat hands.  
2) Mime holding a ball with dominant hand and then throwing it.

## wheelchair tennis



## one

1

## two

2

## PARA JUDO

Fingerspell P, A, R, A.  
Hold both closed fists in front of dominant shoulder, dominant hand higher. Fling fists forward away from body, simultaneously.

## PARA POWERLIFTING

Fingerspell P, A, R, A.  
Clench both fists, hold at shoulder height, palms facing away from body. Move fists up and down as if lifting weights, once.

## PARA ROWING

Fingerspell P, A, R, A.  
Form a fist with each hand and hold in front of body at waist height. Simultaneously move both fists up and backwards towards body in an arc. Show the action of rowing with oars.

## three

3

## four

4

## five

5

## SHOOTING PARA SPORT

Fingerspell P, A, R, A.  
Hold dominant fist away from body at chest height. Hold non-dominant hand close to body and make small curling action with index finger, like pulling a trigger.

## SITTING VOLLEYBALL

Hold both flat hands on either side of head with fingers pointing backwards and palms facing up. Raise and lower twice, flicking fingers forward to upright position.

## PARA SWIMMING

Fingerspell P, A, R, A.  
Place open hands in front of body, palms down, move hands in outwards circles or arcs as though swimming breast stroke (natural gesture).

## six

6

## seven

7

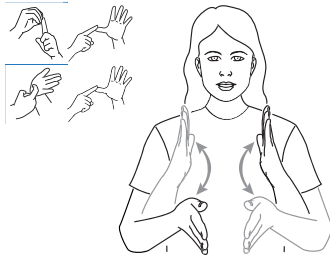
## eight

8

para archery



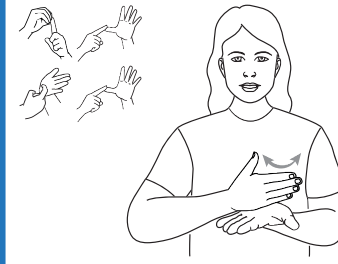
para athletics



para badminton



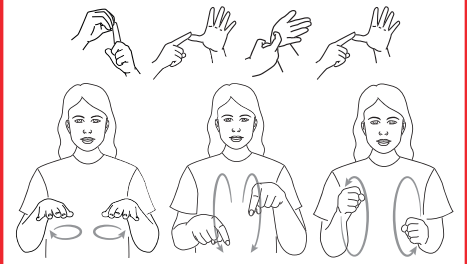
para table tennis



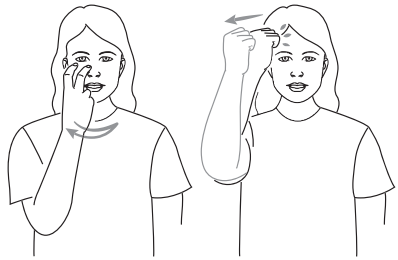
para taekwondo



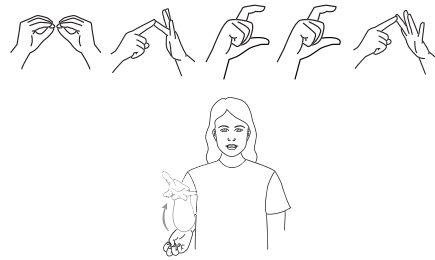
para triathlon



blind football



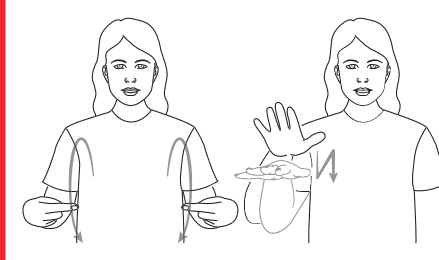
boccia



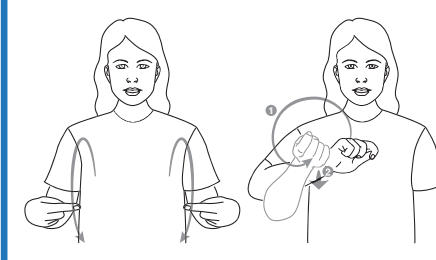
para canoe



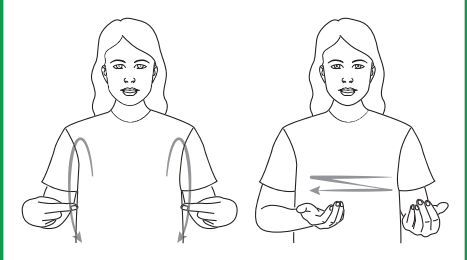
wheelchair basketball



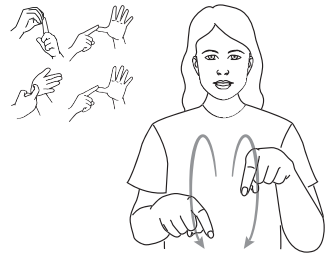
wheelchair fencing



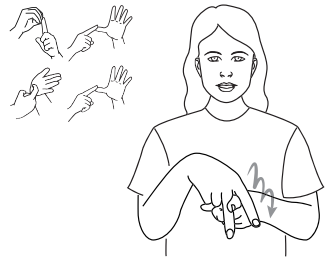
wheelchair rugby



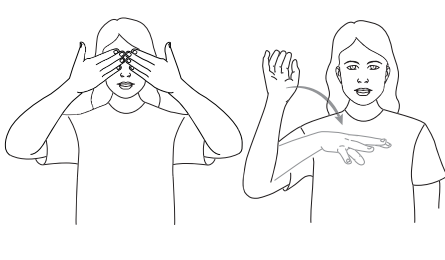
para cycling



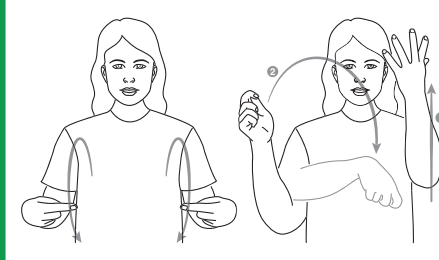
para equestrian



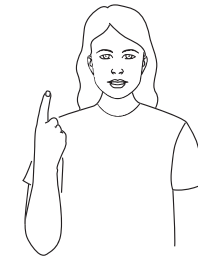
goalball



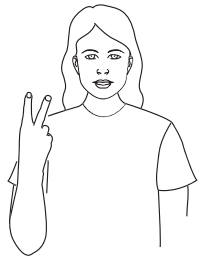
wheelchair tennis



one



two



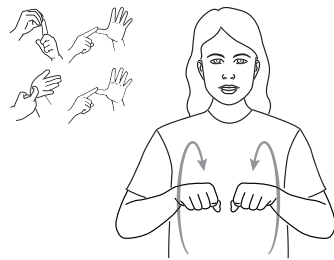
para judo



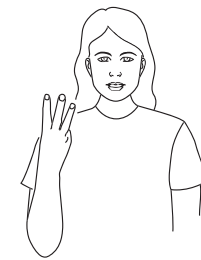
para powerlifting



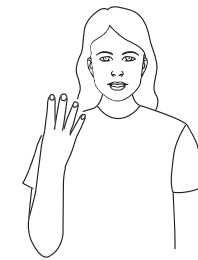
para rowing



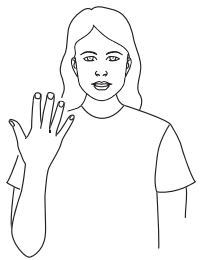
three



four



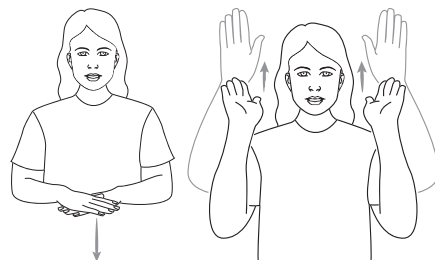
five



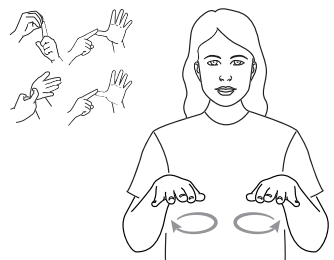
shooting para sport



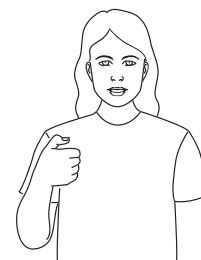
sitting volleyball



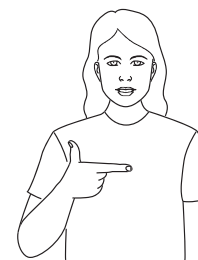
para swimming



six



seven



eight

