



GOOD NEWS

The Paralympics opened in Tokyo. So, today you can find out all about the Paralympics. I watched some of the videos I am sharing with you and I learned a lot.

The first video by Ozzie, is presented with an Australian perspective, but it still gives a really good idea about what the paralympics are all about. Choose the activities you would like to do and have fun while learning.

In New Zealand, we have some amazing athletes who have overcome huge challenges to achieve their dream of participating in the paralympics.

2021 Paralympics What is the Paralympics?- Watch this video to learn all about the Paralympic games.

[Paralympics](#)

Persuasion:

An athlete should not be able to compete in both the Olympic and Paralympic Games.

Did you know, some paralympians are so good at their sport they could do so. Write a persuasive piece of writing to show what you feel about this statement.

Persuasive Writing

We use persuasive writing to share our point of view with others.

We want the reader to agree with us!



Learn about some of the New Zealand Paralympians and design a 'factfile' on them.

This link may help. (I have also included a sheet to write your information on).

[NZ Paralympians](#)

You could write their name, their disability and what they are competing in.

There may be one you particularly want to learn more about. This may mean doing even more research.

I watched a cool t.v. programme about Dame Valerie Adam's sister, Lisa Adams. Dame Valerie stayed behind in Tokyo after she had won a bronze medal at the olympics to help coach her sister.



Paralympic Champion

Name

Event

Medal

Country

National Flag



About the Champion

Interesting Fact

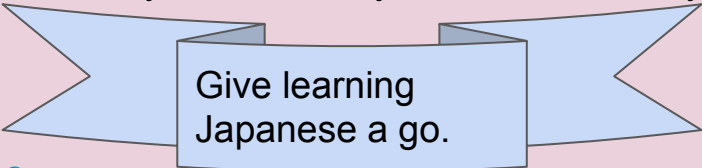
You could use this as a template for writing your information about a paralympian.

What is your name in Japanese? Have a look at this website to see if you can write your name or surname in Japanese. I can't find some of the letter sounds such as an "F" or an "L", so it might be quite difficult for some of you but it could be a little bit of fun for other family members.

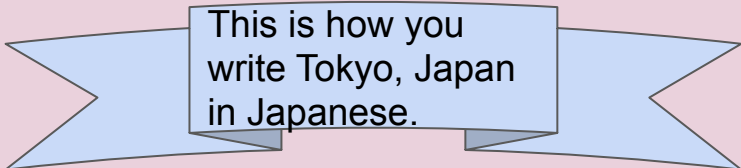
I found these two websites. The second one you can write your name and they actually tell you how to pronounce it in Japanese.

[Write your name in Japanese](#)

[How do you say Ryan in your name?](#)



Give learning
Japanese a go.



This is how you
write Tokyo, Japan
in Japanese.

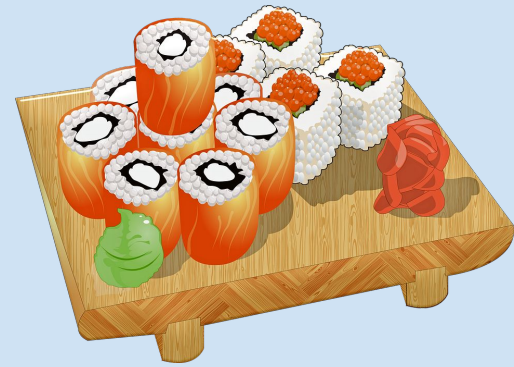
東京ジャパンの書き方

Tōkyō Japan no kakikata

[Hello, my name is](#).....



Staying with the Japanese theme, here is a video on how to make sushi. You may not have all the ingredients in this video but you could use different ingredients from your fridge or pantry. Be creative!!! Send in photos if you do make some sushi.



Caramel Sauce:

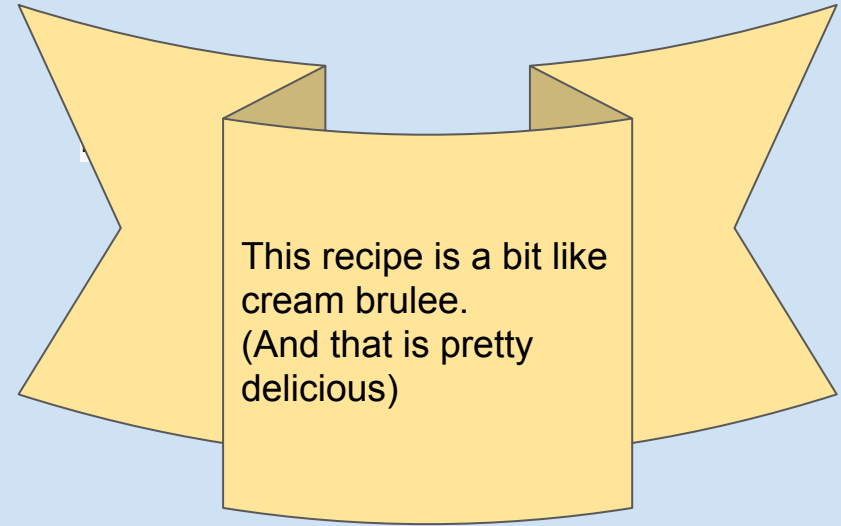
- 30 grams sugar
- 2 teaspoons water (divided)

Pudding:

- 320 grams whole milk
- 80 grams heavy cream
- 80 grams sugar
- 2 whole large eggs
- 1 large egg yolk
- ½ teaspoon vanilla bean paste or v



Purin dessert. This looks super delicious.



Instructions for making Purin

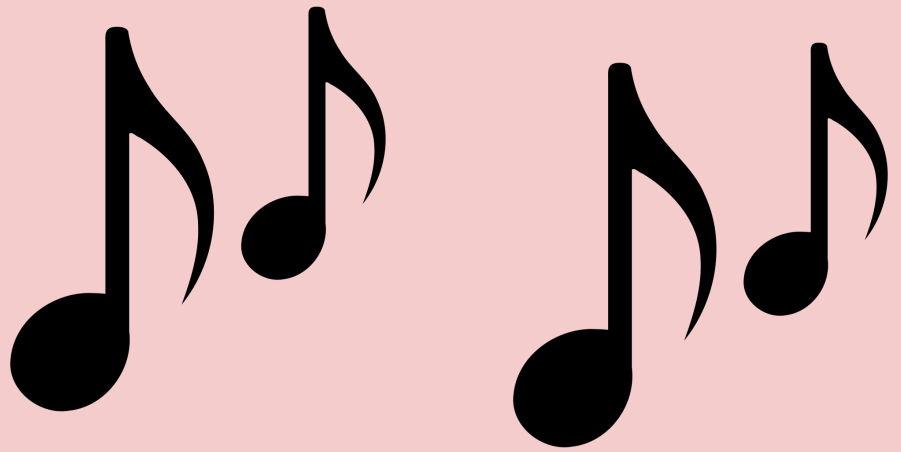
1. Preheat oven to 300°F (150°C). Prepare 5 (4-ounces) glass jars or ramekins.
2. For the caramel, in a small saucepan, combine sugar and 1 teaspoon water. Cook over medium heat, stirring often with a high heat resistant rubber spatula or wooden spoon. Sugar will form clumps, but melt eventually into a dark amber color sauce. Add the 1 teaspoon water into the sauce. Be very careful, the caramel will bubble rapidly when water is added. Quickly divide the sauce into the glass jars as the caramel will harden. Don't worry if not every jar has the same amount of sauce and the sauce is not spread evenly at the bottom.
3. Bring a kettle of water to a boil.
4. For the pudding, in a medium bowl, whisk together eggs and egg yolk until light foam begins to form. Set aside.
5. In a small saucepan over medium heat, combine milk, heavy cream, and sugar. Cook until sugar just melted, stirring often. Stir in vanilla extract (or vanilla bean paste). Gradually add all the milk mixture into the yolk mixture, whisking continuously.
6. Pour the mixture through a sieve into a large measuring cup. Remove bubbles with a piece of wax paper or parchment paper, by pushing it directly on top of the mixture and pulling it away. If needed, repeat one more time.
7. Divide the mixture evenly into the glass jars. Prepare a water bath. Put the glass jars into a large baking pan or roasting pan. Pour enough boiling water into the pan to come halfway up the sides of the jars. Bake just until the purin is slightly puffed on top, but still jiggling in the center, about 30 to 35 minutes.
8. Carefully transfer the jars on to a cooling rack and cool until slightly warm. Cool in the fridge for at least 3 hours or until cold. Cover with plastic wrap when cool completely. Serve within 3 days.

It doesn't matter if you don't have all the ingredients. You could make your own custard from custard powder or bought custard in a cardboard package.



[Chrome music](#) (I tried it and it was so much fun, even if you don't create a song.)

Create a theme song for the Paralympics using, Chrome Music, Garageband, household objects for percussion or write lyrics for a song inspired by the Paralympic values.



Off-Road Wheelchair Challenge

☆☆☆☆☆ (0 Ratings)

[Click here to rate](#)



Use resources around your home to create a wheel chair model for a Barbie. Think about how you can make the wheels move and how you can make it strong enough to hold some weight. Hear is a video to help.

[Create](#)

The Olympic and Paralympic Values

u h p i m k w d e l b g u b
 q q q r e s p e c t l g m o
 a d i r u d i t v a l u e s
 e e m c s g p e t a m z o g
 x z q o x y a r i t e n l n
 c h u u p o r m t u q h y x
 e u u r s m a i e g u x m v
 l s u a w m l n i y a b p h
 l b b g h n y a o v l g i j
 e l a e b r m t z s i u c r
 n a k i n s p i r a t i o n
 c l a w o d i o f w y m z c
 e m j a q o c n o x t v f q
 q f r i e n d s h i p t f r

friendship
 respect
 equality
 determination
 courage

inspiration
 excellence
 Olympic
 values
 Paralympic

The Olympic and Paralympic Values in Action

Match the Olympic and Paralympic Values from the box to the situations below. Cross off each one as you go.

friendship	respect	excellence	determination
courage	inspiration	equality	

- You always try your best. This shows the value of _____.
- You don't give up when things get hard. This shows the value of _____.
- You treat all people the same way. This shows the value of _____.
- You get to know other people and accept them for who they are. This shows the value of _____.

An Olympic sprinter runs the 100 m in just under 10 seconds. A cheetah can run at a speed of 120 kmph. By how many seconds would the cheetah beat the Olympic sprinter if they were to race 100m?



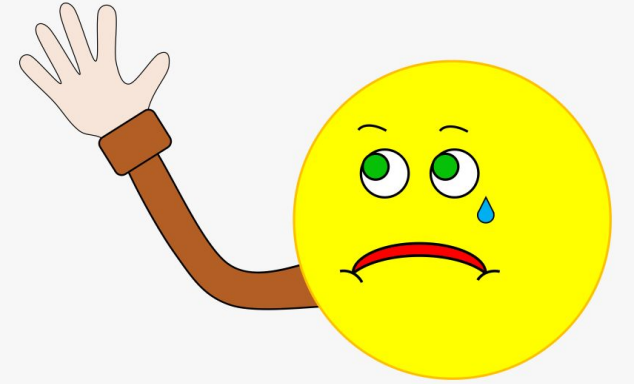
Discussion arising from activity:

- Would the sprinter have the same speed over the entire 100 m?
- Would you expect the sprinter to manage to run 200 m in just under 20 s, or 400 m in just under 40 s?
- Would you expect the cheetah to be able to run 400 m at 120 kmph?
- Would the cheetah have the same speed over the entire 100m?

work hard now. it'll pay off later.



chibird



Kā Mihi Haere – Farewells



Ka kite anō

See you later

Ka kite ākuanei

See you soon

Ka kite āpōpō

See you tomorrow

Ka kite ā tērā wiki

See you next week

