



I am building my sports

Building your skills means you can develop into succeeding in all sorts of different sports. See what skills are needed by our 6 athletes, and which 'Build your Skills Challenges' would help them develop these skills.

Beth Munro does... Para Taekwondo This is a martial art. Click to meet Beth	Mel Woods does... Wheelchair Racing This is an athletics event. Click to meet Mel	Ashley Facey does... Para Table Tennis This is a net game. Click to meet Ashley	Deborah Kerr does... Canoe Sprint This is an aquatic sport. Click to meet Debbie	Kye Whyte does... BMX This is an outdoor adventure. Click to meet Kye	Javier Bello does... Volleyball This is a ball game. Click to meet Javier
I need to practise... Being steady while turning. Try: 1-2-3 Red Light	I need to practise... Being steady while going round bends. Try: Shadow Me	I need to practise... Making tight turns. Try: Compass Control	I need to practise... Balancing in a canoe. Try: Crocodile River	I need to practise... Leaning to different sides of the bike. Try: Sportical Statues	I need to practise... Keep my balance on the sand. Try: Body Builder
I need to practise... Blocking my opponent's kicks. Try: Top-class Catcher	I need to practise... Timing my wheel pushes. Try: keep It Up	I need to practise... Changing the angles of my shots. Try: Bouncing It Back	I need to practise... Judging when to make a turn. Try: Keep Clear	I need to practise... Tracking where other bikers are. Try: All In Order	I need to practise... Reacting quickly to send the ball. Try: Treasure Chest
I need to practise... Kicking through the air. Try: Jump Golf	I need to practise... Adjusting my speed to avoid crashes. Try: Treasure Chest	I need to practise... Changing direction quickly. Try: Tail Tag	I need to practise... Keeping a steady rhythm. Try: Chain Reaction	I need to practise... Reacting quickly to new obstacles. Try: Pirates	I need to practise... Using my arms and legs to keep the ball up. Try: Jump Off

Paralympic examples

Olympic examples