



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.