

## TOP 5 TIPS FOR BEING A GOOD SPORT:

*When you show good sportsmanship, you have more FUN because you enjoy playing the game more than the final outcome.*

1. RESPECT not only your teammates, but also your opponents, your coaches and the officials of the game.
2. RESPECT the rules of the game and always play FAIR.
3. Show TEAM SPIRIT! Encourage your teammates, especially when they make mistakes.
4. Lose without pouting and win without rubbing it in.
5. Have FUN!

## TRY A NEW SPORT: BOCCIA!

Boccia is one of the sports that athletes can compete in at the Parapan Am Games. It was originally designed for athletes with severe physical disabilities, but anyone can play!



### HOW TO PLAY

1. Two teams compete. Each team consists of 1, 2 or 3 players.
2. Team 1 uses the 6 red balls and Team 2 uses the 6 blue ones.
3. The game begins: Team 1 throws the white target ball onto the court.
4. Team 1 now throws a red ball - and tries to get as close to the target ball as possible.
5. Now Team 2 throws one or more blue balls.  
When a blue ball is closest to the target ball, then it's Team 1's turn to throw.
6. The game continues in this way until all balls are thrown.
7. Finally, points are counted: The team that has a ball closest to the target ball gets points. 1 point is given for each ball that is better placed than the opponent's best ball. There are maximum 6 points in each game.



THIS PROGRAM IS POSSIBLE THANKS TO:



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# PAN AM & PARAPAN AM GAMES CHALLENGE

An interactive experience for children to learn about  
the Pan Am & Parapan Am Games through  
cooperative activities by Dynamix.

# Ready, Set, Go!

THE PAN AM GAMES TAKE PLACE IN TORONTO, ONTARIO FROM JULY 10 TO 26 AND THE PARAPAN AM GAMES FROM AUGUST 7 TO 15.

Welcome to the  
**PAN AM/PARAPAN AM BOARD GAME**

To play, grab a dice, a friend and some placeholders (try using a coin or a paper clip). Simply place your placeholder on start and take turns rolling until a player reaches the finish line.

Be sure to check out the fast facts along the way!

**GOOD LUCK, ATHLETES!**

**1**  
**START**

**2**  
FAST FACT: The Pan American Games are held every 4 years for athletes from countries of the Americas and Caribbean.

**3**  
You decide to stay back and watch one more wheelchair rugby match. Miss a turn.



**4**  
FAST FACT: The Parapan American Games are for athletes with physical disabilities and are held after every Pan Am Games.

**5**  
You see that your opponent forgot her bicycle helmet and you lend her your extra one. Move ahead 3 spaces.



**12**  
FAST FACT: This year's games will have 41 participating countries.

**11**  
Your wheelchair tennis match gets rained out. Move back 1 space.



**10**  
FAST FACT: The first Parapan Am Games were held in Mexico City in 1999. 1000 athletes from 18 countries competed in 4 adapted sports that year.

**9**  
You got a bull's-eye in archery! Move ahead 1 space.



**8**  
FAST FACT: The first Pan Am Games were held in Buenos Aires, Argentina, in 1951.

**7**  
You make a new friend from another country at the games. Move ahead 3 spaces.

**6**  
FAST FACT: The games feature summer sports only. The Pan Am Games will include 49 different sports, and the Parapan Am Games will have 16 sports.

**13**  
You forgot to drink enough water before your big race. Miss a turn as you rehydrate!

**14**  
FAST FACT: Sports for athletes with a disability have been around for about 70 years. They were initially used as a way for injured soldiers to get better after World War II.

**15**  
Your team shows great cooperation during your soccer game against the United States! Move ahead 1 space.



**16**  
FAST FACT: The 2015 Pan Am Games are taking place in Toronto, Ontario and will be the largest multi-sport event ever held in Canada!

**17**  
Your horse is tired and needs to rest for your equestrian competition tomorrow. Miss a turn.



**18**  
FAST FACT: Pachi the Porcupine, the official mascot of the games, has 41 quills representing the 41 participating countries at the games.

**19**  
FAST FACT: You attend a seated volleyball match and show great team spirit from the stands! Move ahead 1 space.



**26**  
Way to go! You made it to the  
**FINISH LINE**



**25**  
You meet the games' mascot Pachi the Porcupine and give him a high five! Move ahead 1 space.



**24**  
FAST FACT: The Pan Am Games will take place in Toronto, Ontario from July 10 to 26 and the Parapan Am Games from August 7 to 15.

**23**  
Canada wins a medal! Move ahead 3 spaces.

**22**  
FAST FACT: In parasports (sports for individuals with a disability), athletes compete in each event against others with similar levels of disability to ensure fair competition.

**21**  
You make a personal best time in swimming! Move ahead 3 spaces.



**20**  
FAST FACT: For the first time, Braille is being used on the back of the medals to identify "Toronto 2015" for individuals who are visually impaired!