

Wednesday 17th March 2021 Shared reading <https://www.youtube.com/watch?v=B0OHf493TEo>

Angelika Trabert has won 24 medals in more than 25 years, six of them at five different Paralympic Games. When she's not riding horses, she works as an anaesthetist in Frankfurt or in Guinea where she travels to provide urgent medical care.

'If I sit on a horse and if the horse really understands me, I'm just free. I'm free in a way I can never be whilst I sit in a wheelchair or while I walk with artificial legs.

There's nothing wrong with me, I was just born with a disability, I was born without legs and on my right hand I only have 3 fingers.'



'My love is horses because they understand you and you can do incredible things with this animal. You can be as good as or better than other people without a handicap. On the medal podium, when they play your national anthem, it is an incredible moment.

I started riding when I was 5 or 6. I started on a pony and my parents thought I would give up, but I did not. I fell off a lot of times, but I just got back on and continued to practise.

My motto is: It's ability NOT disability that counts.

Look at the abilities you have, there are plenty of them. You can find ways to do those things you really enjoy and that is what counts in life.'

Retrieval:

- Where did Angelika win six of her 25 medals?
- What happened when Angelika fell off her pony?

Vocabulary:

- Angelika describes her 'artificial' legs. What does she mean?
- Angelika says that it is ability NOT disability that counts. How does the prefix dis- alter the meaning of ability?

Inference:

- What impression do you have of Angelika Trabert? If you could try to be like her in one way- what would you choose to do?

artificial



**Made or produced by
human beings, often a
copy of something
natural.**