

Grades 9–12 **November** Sport of the Month



Although bowling is not part of the Olympics, it is among the most popular sports in Special Olympics. Participants of many different ages and with different degrees of athletic ability can participate. They benefit not only from the exercise but also from the social aspects of the game.

Dear Student,

We continue to work with Special Olympics to do what we can in school and the community at large to reverse the trend of discrimination against people with intellectual disabilities. This month, we will use the Special Olympics sport of bowling to look at the importance of fairness in the lives of Special Olympics athletes, as well as in your own life.

Fairness is important to us in our lives within the classroom, the school community, and the world at large. While we are not saying that competition is unimportant, we are emphasizing the need to play fairly, honestly, and together in the games and contests we have.

As a class, we will examine ways in which we can promote fairness. We'll develop a fairness and unity oath for our classroom; then we'll learn how sports can teach us more about ourselves and the value of fairness by looking at how Special Olympics games impact all the athletes and coaches.

You, your family, and your friends can reinforce learning that is going on in our classroom.

teacher signature

This month's theme: **fairness**

One lesson we will discuss this month involves taking oaths. We'll discuss: What is an oath? Can you think of others who are required to take an oath? (e.g., presidents, public officials, Boy Scouts, Girl Scouts, witnesses in a courtroom) Why do people take oaths?

Next, we will read the Special Olympics Athlete Oath: *Let me win. But if I cannot win, let me be brave in the attempt.* We will learn that Special Olympics participants take this oath before competing in the games, and that gladiators spoke these same words in ancient Rome as they entered the arena and prepared for battle.

What do you think of the Special Olympics Athlete Oath? Think about sports or competitive activities in which you're participating, such as high school baseball or some other extracurricular activity. Will the oath help you play a more fair, inclusive, and enjoyable game next time? Get ready for an informative class discussion on this topic!



What you can do:



Take action This month, we're spotlighting the Special Olympics sport of bowling, which can be enjoyed by just about anyone of any age and any ability. It's a very social sport, and almost everything you need to play is provided by the bowling alley.

Invite friends and family members to a local bowling alley or set up a game of hallway bowling at home using empty plastic bottles and a lightweight ball. It's a great way to stay active during the winter, and a great way to have fun. Make your bowling match a multigenerational activity that offsets participants' ages and skill levels with rules and accommodations for equal participation.

Most of all, get out and have fun!