

TRAIN



School



Teachers, Coaches, Schools, and Students:

The TRAIN @ School program was designed to meet the need for more nutrition and fitness education to school age persons with intellectual disabilities. Nutrition lesson plans, along with adaptive physical education lesson plans were based off of the TRAIN assessment program implemented by Special Olympics. These lesson plans are aimed toward students with intellectual disabilities, but can be used for any student through twelfth grade in a special education, inclusive, or general education classroom. This is possible due to the different levels of complexity built into each activity.

The subjects covered in the nutrition lessons include food groups, hydration, healthy snacking, and what a balanced plate looks like. Curriculum connections are included in each nutrition lesson plan. These relate the activities and skills used in each lesson to specific standards in core subjects or life skills that are common goals on an IEP (individualized education plan).

The adaptive physical education lessons cover the seven basic sports skills: aerobic endurance, balance, coordination, flexibility, power, strength, and speed and agility. Each lesson includes the definition of the skill, along with what sports it could correlate with. It is suggested that lessons be used as introductions to specific sports. Each lesson includes fun activities targeted to that specific sports skill. These lessons can tailored to the different abilities of the students in class and would be beneficial in improving fine and gross motor skills according to individual IEPs. The games and activities are meant to be fun and an easily accessible tool to school systems.

The lesson plans are a valuable tool in a classroom because they are easy for teachers to implement. They are not built as a rigid curriculum that requires a specific sequence, giving educators a good deal of flexibility to slide it into their already chosen curriculum. TRAIN @ School could be a beneficial way to improve health through proper nutrition and the encouragement of exercise in the school system.