Virtual National Games 2020

21/05/2020 & 22/05/2020 – SOB Facebook & Instagram

#SOBvirtual2020
The Special Olympics National Games are cancelled but it doesn’t mean that we stop moving. The game is on!

During 2 days our athletes will give their best during the – first ever – Virtual National Games. Together we will get better. As it is impossible to host 20 different sports such as sailing, swimming, horse riding… we’ve chosen to focus on 5 sports.

For each sport we defined 2 challenges. All challenges will be communicated by 5 pro athletes. We’ll encourage our athletes on Thursday 21/05 and Friday 22/05 to complete as much challenges as possible. And if possible* to do it in Unified (with a partner without disability).

We want our athletes to keep moving, interact with their environment and show the world we WILL get through this situation.

*we take all Corona measures very serious and we ask our athletes and their close entourage to do as well. No risks must be taken.
Thursday 21/05
10h – 10h30 Opening Celebration

12u Cooking session by Loïc or Sophie Dumont (TBC)

17u End of day 1 video on Facebook

All day
• Sports Challenges
• Instagram takeover by Henny Seroeyen
Program – day 2

Friday 22/05
10u Warm-up session with Do!

12u Cooking session by Christophe Hardiquest (Bon-Bon)

16u Closing Celebration

All day: Sports Challenges
To get the feeling that the Games are officially opened we start the day with an opening celebration. Content of the opening:

- Host: Anouk Van Hoofstadt
- Overview of the 10 sports challenges
- Torch Run by athletes and special guest and Olympic Flame
- Message of Thibau Bastien (SO-athlete) and Mathias (his Unified Partner)
- Musical artist
- Message of Dieter Coppens
- Warm-up session with Do!
Torch Run and Olympic Flame

Sports Challenges

**Athletics – Presented by Dylan Borlée**
- Walking/running 2km or 5km
- Jumping jacks 5x10

**Cycling – Presented by (TBC)**
- Cycle 5km or 10km
- Balancing exercise – walking on a thin line 5x30sec

**Racket Sports – Presented by Yanina Wickmayer**
- Balancing exercise with different balls
- Keep the ball high during 5 minutes

**Football – Presented by R. Martinez (TBC)**
- Score 10 penalties or 10 free kicks
- Keep the ball high during 5 minutes

**Swimming – Presented by Fanny Lecluyse**
- Planking 5x30 sec
- Crawl on the dry
At the end of our 2 day event we take a moment to celebrate all together.

Content of the closing:

- Host: Anouk Van Hoofstadt
- Recap movie
- Launch of digital medals
- Party with DJ Jack Amai M’n Klak
Virtual Medals

Win deze virtuele medaille!

Vervolledig je challenge, ontvang deze virtuele medaille via e-mail, deel hem op Facebook en toon zo je warme hart aan onze zorgverleners!
Thank you