

Virtual National Games 2020

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

#SOBvirtual2020

Special Olympics
Belgium



Virtual Games



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.

Program – day 1



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 Hardiquet (Bon-Bon)

16u Closing Celebration

All day: Sports Challenges

Opening Celebration



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 Thibaut Bastien (SO-athlete) and Mathias (his Unified Partner)
- Musical artist
- Message of Dieter Coppens
- Warm-up session with Do!

Torch Run and Olympic Flame



 **Special Olympics Belgium**

VIRTUAL TORCH RUN.
2020

Special Olympics wil het gevoel van de spelen toch een beetje in iedere huiskamer binnen brengen. Zo wensen we met de vlam van de hoop een **Torch run** te doen door België.

HOE ?

- Maak een **zelf gemaakte Torch**.
- Neem uw gsm of camera en film, of laat u filmen, in **Landscape modus**.
- Start video: Ontvang de Torch langs de **rechter kant** uit beeld (gezien vanuit het perspectief van de persoon die de vlam vast heeft)
- Maak een video waarmee je met de zelfgemaakte Torch als individu of als club **loopt**. (neem zeker de nodige afstand in acht als je met meerdere personen loopt)
- Einde video: Geef de Torch door, door de Torch langs **links** uit beeld te geven.

Stuur je video door via whatsapp naar **+32474450477** of via mail naar **arne_reynaert@specialolympics.be**



<https://www.special-olympics.be/wp-content/uploads/2020/05/voorbeeld-video-torch-run.mp4>

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

Closing Celebration



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

**Omdat Het Kan Soundsystem en
DJ Jack Amai M'n Klak lossen
nieuwe hit 'Waar Is Dat Feestje'**



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!

ANTWERP 1920
OLYMPIC GAMES
ANNIVERSARY



100
YEARS



Thank you