



What is Young Athletes?

Special Olympics Young Athletes is an early childhood play program for children with and without intellectual disabilities, ages 2 to 7 years old. Young Athletes introduces basic sport skills, like running, kicking and throwing. Young Athletes offers families, teachers, caregivers and people from the community the chance to share the joy of sports with all children.



Examples of Young Athletes Topics

Project ideas could focus on but are not limited to:

- Motor Skills
 - Children with intellectual disabilities who took part in Young Athletes developed motor skills more than twice as fast as others who did not take part.
- **Social and Emotional Learning Skills**
 - Parents and teachers of children who took part in the Young Athletes curriculum said the children learned skills that they will use in pre-primary school.
- Raising Awareness
 - Inclusive play helps children without a disability to better understand and accept others.
- **Sport Readiness**
 - Young Athletes helps children get ready to take part in sports when they are older.

Location for Projects

- Schools
 - Helps children interact with each other and develop important communication, learning, and self-help skills
- Communities
 - Allows parents to share in engagement with their children through family group supports and classes
- Homes



- Involves parents, grandparents, caretakers, siblings, and really anyone involved in the Young Athlete's life. Families can play together and set up a family support network.