

The STEP Framework: Participation and Inclusion in Unified Sports

UCS Family Engagement Toolkit

Designed For

Special Olympics liaisons, physical education or Special Olympics coaches, or other staff.



Time Estimate

Approximately 3-5 minutes to share the resource with parents and family members.

**Enhance Communication
with Families from
Diverse Communities**

Why would I use this tool?

Family members want to know how their children with disabilities can participate in Unified PE and Unified Sports. This tool will explain how the STEP framework supports participation and inclusion of students with disabilities in Unified Sports. . The STEP Framework is provided in English and Spanish.

When should I use this tool?

This tool can help you begin the conversation about UCS with parents and families. It will be most useful at the beginning of the school year or when a student first joins UCS.

How should I use this tool?

You can share the STEP Framework handout the following ways:

- print the STEP framework handout and circulate it at an event, email the STEP framework handout directly to parents and caregivers, and
- enlarge the STEP framework to use as a poster.

GET INVOLVED WITH UNIFIED SPORTS!

SPORTS ACCESSIBILITY & YOUR CHILD

Inclusion is a priority in Special Olympics Unified Sports®.

We can adapt sports to the needs of **all** children.

Our goal is to ensure your child's **accessibility** and their sense of belonging.



Why the STEP framework?

Special Olympics Unified coaches can use the STEP framework to support participation and inclusion. It is widely used in adapted physical education. The four main activity components of the STEP framework — space, task, equipment, and people — can be modified to meet the needs of each individual.

How are coaches trained?

Each sport follows rules regulated by a national governing body for that sport. Special Olympics coaches receive training on assessing students of differing abilities to determine how best to modify activities so they are accessible and safe for each student. Training includes athlete development and preparing athletes for competition. Coaches are prepared to maintain a safe environment, prevent injury, and plan for emergencies.

Talk to your school's Unified Special Olympics liaison or coach to learn what strategies the school uses.

What does STEP stand for?



SPACE Coaches may change the space where the sport is taking place.



TASK Coaches can increase participation by changing the demands, changing the rules, or number of times the child is able to repeat a task.



EQUIPMENT Coaches can modify equipment by changing the size of the target or the height of equipment to increase success and development of skills.



PEOPLE Coaches can change the number of children in a sport or have children in different roles so they can work in a small group.

¡PARTICIPE EN UNIFIED SPORTS!

LA ACCESIBILIDAD DEPORTIVA Y SU HIJO/A

La inclusión es una prioridad en Special Olympics Unified Sports®. Podemos adaptar los deportes a las necesidades de todos los niños. Nuestro propósito es asegurar la accesibilidad de su hijo/a y su sentido de pertenencia.

¿Por qué el marco STEP?

Los entrenadores de Special Olympics Unified pueden usar el marco STEP para apoyar la participación y la inclusión. Este enfoque se usa mucho en la educación física adaptada. Los cuatro componentes principales del marco STEP son- espacio, tarea, equipo y personas - y pueden modificarse para satisfacer las necesidades de cada persona.

¿Cómo se entran los entrenadores?

Cada deporte sigue las reglas establecidas por un organismo rector nacional para ese deporte. Los entrenadores de Special Olympics reciben capacitación para evaluar a los estudiantes con diferentes habilidades para determinar la mejor manera de modificar las actividades para que sean accesibles y seguras para cada estudiante. El entrenamiento incluye el desarrollo de los atletas y la preparación de los atletas para competir. Los entrenadores están preparados para mantener un entorno seguro, prevenir lesiones, y planificar para emergencias.

Hable con el coordinador/la coordinadora o entrenador/a de Unified Special Olympics de su escuela para conocer las estrategias que utiliza la escuela.

¿QUÉ SIGNIFICA STEP?



ESPACIO Los entrenadores pueden cambiar el lugar donde se lleva a cabo el deporte.



TAREA Los entrenadores pueden fomentar la participación cambiando las exigencias y las reglas del deporte o el número de veces que el niño/a puede repetir una tarea.



EQUIPO Los entrenadores pueden modificar el equipo deportivo, cambiando el tamaño del objetivo o la altura del equipo, para mejorar el éxito y fomentar el desarrollo de habilidades.



PERSONAS Los entrenadores pueden cambiar el número de niños en un deporte o hacer que los niños desempeñen diferentes roles para que trabajen en un grupo pequeño



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For questions or comments about the Toolkit, please contact:

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