Special Olympics Resources

Establishing a Leadership Team

Getting Ready

Whole School Engagement

Inclusive Youth Leadership

Inclusive Sports and Fitness

Special Olympics Resources
Special Olympics offers a wide variety of inclusive sport, fitness, and learning opportunities that promote physical health as well as respect and acceptance for people with intellectual disabilities. Take a look at these free resources.

**Young Athletes**
Special Olympics Young Athletes is a sport and play program for children with and without intellectual disabilities, ages 2 to 7. The program focuses on developing fundamental motor, social, and cognitive skills through inclusive play. Get an activity guide, videos, and a curriculum here: [https://resources.specialolympics.org/YoungAthletes](https://resources.specialolympics.org/YoungAthletes)

**Transitioning from Young Athletes to Sports**
These resources provide sport-specific skill development activities for children with and without intellectual disabilities, ages 6–12 years old. Find information here: [https://media.specialolympics.org/resources/community-building/young-athletes/DevelopmentalSportsOverview.pdf](https://media.specialolympics.org/resources/community-building/young-athletes/DevelopmentalSportsOverview.pdf)

**Unified Sports**
Special Olympics Unified Sports brings people with and without intellectual disabilities together on the same team to compete. Check out the training tools and other valuable resources at [https://resources.specialolympics.org/Topics/Sports/Unified_Sports.aspx](https://resources.specialolympics.org/Topics/Sports/Unified_Sports.aspx)

**Coaching Unified Sports**
This course is designed to help adults implement Special Olympics Unified Sports in their schools. Find the online course here: [https://nfhslearn.com/courses/36000/coaching-unified-sports](https://nfhslearn.com/courses/36000/coaching-unified-sports)
Fitness Model Resources

Physical fitness is a key part of the Special Olympics mission. Additional fitness activities beyond sports improve athletes’ sport performance, health, and lives.

- **Unified Sports Fitness Club** is a year-round program that offers Unified physical activity opportunities through weekly or bi-weekly walking sessions.
- **Fit Families** is a six-week fitness challenge for athletes and their supporters (family members or others) to get active and healthy together.
- **SOfit** is an eight-week Unified program that gets participants active while teaching them about holistic wellness.

Find resources for all three programs here: [https://resources.specialolympics.org/Fitness-Model-Resources/](https://resources.specialolympics.org/Fitness-Model-Resources/)

Fitness Cards and Videos

These cards and videos provide endurance, strength, and flexibility exercises with simple instructions. They follow a leveled approach to make exercise possible for all abilities. See the cards and videos here: [https://resources.specialolympics.org/Fitness-Cards/](https://resources.specialolympics.org/Fitness-Cards/)

Get Into It

Special Olympics Get Into It consists of online resources that include lessons, activities, videos, athlete stories, and supplemental materials. For all materials, go to [https://resources.specialolympics.org/unified-champion-schools-resources](https://resources.specialolympics.org/unified-champion-schools-resources)
### Unified Champion Schools

**Action Plan Form**

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<th>Strategy/Activity</th>
<th>Tasks</th>
<th>Date of Completion</th>
<th>People Responsible</th>
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Citations


Additional Reading


