Special Olympics Brazil

Play Unified. Learn unified

# HISTORY OF THE SPECIAL OLYMPICS

“You are the **stars** and the world is watching you. By your presence, you send a message to every village, every city, and every nation. A message of hope.” (Shriver, 1968)

It was with this sentence that Eunice Kennedy Shriver opened the first Special Olympics Games at Soldiers Field, Chicago, USA, 1968. The concept of the Special Olympics was born in the 1960s when Eunice Kennedy Shriver started hosting spaces in her home’s garden for people with intellectual disabilities to practice sports. The Special Olympics is a global non-profit movement, which improves the lives of people with intellectual disabilities through sports training and quality competitions, as well as the lives of all those around them. It is a movement centered on the athlete, focused on the family and conducted by volunteers. Its mission is to provide training and sporting competitions throughout the year in various Olympic disciplines, giving them athlete the opportunity to develop their physical abilities, demonstrate courage, have joyful moments and share their values, skills and fellowship with their families, other Special Olympics athletes and their community in general. It is also important to emphasize that the philosophy of this movement is to give this opportunity to all athletes, regardless of their level of ability. The Foundation is a non-profit organization that promotes sports for people with intellectual disabilities. The national governing body of sports is affiliated with Special Olympics International. In Brazil there are ten active sports being practice by the athletes (athletics, basketball, bocce, football, swimming, rhythmic gymnastics, tennis, table tennis, beach volleyball and judo); as well as the following initiatives: Athlete Leadership, Unified Schools, Healthy Athletes, Young Athletes, Motor Activity Training Program, and Families.

Special Olympics International counts approximately five million athletes worldwide, one million volunteers, over 100,000 competitions each year taking place in 221 accredited Programs spread across 170 countries. The next Summer World Games will take place in Abu Dhabi in March 2019. 7000 athletes from more than 170 countries will be present, making it the second largest sporting event in the world, second only to the Olympic Games. The Brazilian delegation will participate in this event with 100 people, 76 of which are competing athletes. According to IBGE data (2007), 15% of the Brazilian population has a disability. Of these 15%, 1% are people with intellectual disabilities. The Special Olympics currently serves about 44,000 athletes in seven Brazilian states with a growth target of 55,000 nationwide. The headquarters of the Special Olympics Brazil is located at Rua Conde de Bonfim 120, rooms 915 and 916, Tijuca Rio de Janeiro-RJ.

# BACKGROUND: PLAY UNIFIED – LEARN UNIFIED

The Unified Schools Program is an education and sports program designed to build an inclusive environment of acceptance and respect among young people with and without disabilities, empowering them to act as agents of change in their community. The main objective of the program is to constantly motivate and activate all students, making them not only reflect on the disability issue, but identify improvements through the creation and execution of projects together. A school climate that promotes inclusion, acceptance, respect, and human dignity for all students is the foundation upon which Special Olympics Unified Schools educates, motivates, and activates students. Even if the school does not have students with an intellectual disability, it can work on this topic internally and execute the project in collaboration with an institution that has students with intellectual disability. The intent is not for students to be passive recipients, but rather protagonists of change, and for teachers and other school agents to be their allies. The principle of the program is inclusive, interjectional leadership, where both goals the work are shared under the collective ownership of the children, youth and adults of each school.

It consists of the following: ​

Understanding and acceptance of individual differences;

Community projects in school and in the community;

Promotion of physical activity and joint participation in sports;

Planning and holding competitive events so that students have the opportunity to participate together, including in the design and organization of the event; Opportunity for all students to develop leadership skills for their personal growth

# PROGRAM GOAL

To implement the Unified Schools program in 100 schools in the country, to distribute, strengthen and expand the philosophy of the Special Olympics sports program, helping to transform the current vision of the potential of people with disabilities and expand the social opportunities through its effective inclusion.

# OBJECTIVES

* Provide training and courses for all professionals involved in the operationalization of the program, aiming at obtaining a common language of action. Put the inclusion sought by many and exercised by few into practice.
* Boost improvement of the quality of life of people with disability through by practicing inclusive and health-stimulating sports education activities;
* Develop and realize the potential of people with disabilities, and contribute to their overcoming of limitations
* Develop the participants’ physical abilities, respecting their interests, characteristics and individual limitations;
* Provide situations that enhance the self-confidence of individuals with disabilities, allowing them to improve their performance in the different activities in which they are involved on a daily basis, contributing to their inclusion and equalization when it comes to social opportunities;
* Provide competitive situations that provide participants with the opportunity of recognizing their personal efforts and ability to overcome difficulties;
* Provide opportunities that for awareness raising as well as encourage those practicing sports that participation and commitment are the main factors of their victory.

# TARGET PUBLIC

Primary and higher education schools, both public and private.

# PRE-REQUISITES

* Willingness to develop the proposed program;
* Be a profile fit for the activities proposed of the Special Olympics Brazil program;
* Be in accordance with the rules and procedures of the program (commitment document is signed by the person in charge of the institution).

# EXISTING SPORTS MODULES

* Swimming;
* Athletics;
* Beach volleyball;
* Bocce;
* Sneakers;
* Table tennis;
* Judo;
* Futsal;
* Rhythmic gymnastics;
* Basketball

# COMPLEMENTARY PHYSICAL ACTIVITIES

* Sports Initiation;
* Water activities;
* Physical Conditioning;
* Motor skills;
* Recreation;
* Dance;
* Cultural activities;
* Body practices (Yoga, Tai Chi Chuan).

# SERVICES OFFERED

1. **Training and Professional Development**

Classes aimed at the educating and training ability of participating institutions’ professionals and students for on inclusive sports practice (under the concepts and rules of the Special Olympics).

1. **Sport Triage**

Identification of the skills, abilities and interests of the current student body within the participating schools.

1. **Monitoring System**

All the activities developed by those involved in the program will be periodically monitored. The purpose if this monitoring is to provide guidance, process evaluations and possibly modify program planning, all through the appropriate instruments.

1. **Support for unified sports events**

Professional support for the organization of sporting events held as part of the Unified Schools program, as well as the participation of coaches, trainees and volunteers, adjusting the program where need be towards good progress of events.

# INFRASTRUCTURE

# PHYSICAL RESOURCES

# Facilities for the execution of the program and the annual event

For the execution of the program, the existing facilities in participating schools will be used.

# MATERIAL RESOURCES

Special Olympics Brazil will provide the materials used for the teachers training and activity monitoring:

* Teaching materials;
* Datashow.

# HUMAN RESOURCES

Special Olympics Brazil will offer the human resources that are needed for the implementation of the program and the training of the professionals in the participating schools, free of charge:

# Special Olympics Team Brazil

**National Director**

* Coordinate the project nationwide;
* Hold meetings with the management team;
* Define participating schools together with local managers or directors;
* Complying with and enforcing Special Olympics Brazil standards and procedures;
* Promote and coordinate trainings and professional development events;
* Promote and coordinate sporting events;
* Represent the program for promotion, publicity, events and other situations where necessary.

**Coordinator**

* Coordinate all relevant stages of the technical and sports assistance and educational phases of the program, ensuring that it achieves the established institutional and programmatic goals and objectives;
* Complying with and enforcing Special Olympics Brazil standards and procedures;
* Participate and hold meetings with the management team;
* Promote and coordinate trainings and professional development events;
* Promote and coordinate sporting events;
* Carry out monitoring and evaluation;
* Represent the program for promotion, publicity, events and other situations where necessary.

**Coordination Assistant**

* Comply with and enforce Special Olympics Brazil standards and procedures;
* Participate in meetings with the management team;
* Promote and coordinate training and professional development events;
* Promote and coordinate sporting events;
* Carry out monitoring and evaluation;
* Represent the program for promotion, publicity, events and other situations where necessary.

**Pedagogical Coordinator**

* Develop all the didactic material of the Unified Schools program;
* Comply with and enforce Special Olympics Brazil standards and procedures;
* Participate in meetings with the management team;
* Promote and coordinate training and professional development events;
* Promote and coordinate sporting events;
* Carry out monitoring and evaluation;
* Represent the program for promotion, publicity, events and other situations where necessary.

# Partner School Team

**Physical Education Teachers**

* Participate in the specific training for the sport offered by Special Olympics Brazil;
* Comply with and enforce Special Olympics Brazil standards and procedures;
* Participate in meetings with the management team;
* Promote training and professional development events.

**School administration, teachers and administrative staff**

* Participate in the specific training for the sport offered by Special Olympics Brazil;
* Comply with and enforce Special Olympics Brazil standards and procedures;
* Participate in meetings with the management team;
* Promote training and professional development events.

 **Students**

* Participate in the specific training for the sport offered by Special Olympics Brazil;
* Participate in meetings with the management team;
* Organize events with the inclusion theme within the school;
* Participate in sports competitions within the unified sport model;
* Disseminate the inclusion theme for the whole community. School community
* Participate in meetings held by Special Olympics Brazil;
* Attend meetings with the management team.

# OPERATIONALIZATION OF THE PROGRAM

**1. FLOW OF ACTIVITIES / PROCEDURES**

**1.1. Selection of institutions:**

Hold meetings with the management team and local decision-makers to define the participating schools;

**1.2. Training of physical education teachers of the institution:**

Conduct an initial training with all Physical Education professionals of the participating school, focused on the Special Olympics Brazil sports training program.

**1.3. Training of all professionals of the institution:**

Conduct an initial training with all employees of the participating school, focused on the day-to-day inclusion of people with disabilities and the sports program of the Special Olympics Brazil.

**1.4. Training of students of the institution:**

Carry out an initial training with the students of the school, focused on youth leadership as well as the day-to-day inclusion of people with disabilities and the Special Olympics Brazil sports program.

**1.5. Meeting with the school community:**

Hold a meeting with members of the school community to present Special Olympics Brazil and the impending “Play Unified - Learn Unified” project.

**1.6. Unified PE Classes (carried out by teacher of the participating school):**

Conduct unified physical education classes and run sports trainings under the unified rules of Special Olympics Brazil.

**1.7. Project follow-up:**

Visit the participating schools to monitor the project and offer the opportunity to ask and answer questions that may arise with its execution.

**1.8. Carrying out an inclusive sports event:**

Organize and conduct an inclusive sports event, in partnership with the participating school.

**1.9. Action for awareness** **on inclusion:**

Organize and carry out an action raising awareness (event, campaign, or similar) around the theme “Inclusion of those with disability” in partnership with the participating school.

We believe that through inclusive long-term actions we will contribute to a school where everyone can participate in the construction of inclusion together with actions that can reflect for all of society. Inclusion is no longer an option, but a real and indispensable commitment.

**"Let me win.**

**But if I cannot win,**

**Let me be brave in the attempt."**

**Special Olympics athlete oath**