



About MATP: The Special Olympics Motor Activity Training Program is designed for athletes with severe or profound intellectual disability who are unable to participate in Official Special Olympics sport competitions because of their skill and/or functional abilities. The Motor Activity Training Program is designed to prepare athletes with severe or profound intellectual disability, including athletes with significant physical disabilities, for sport-specific activities appropriate for their abilities.

Established at Special Olympics:

Rules of Special Olympics MATP: Motor Activity Training Programs are non-competitive programs. There are no rules that govern competitions, and there is no award system for first, second, etc.

By The Numbers:

- In 2011, 44,786 Special Olympics participants took part in Motor Activity Training Programs
- In 2011, 93 Special Olympics programs hosted Motor Activity Training Program events

Sample Lesson Plan for Groups:

- Warm-Up Activities – General awareness activities, relaxation activities and stretching
- Skill Stations – Activities that develop basic motor skills of Mobility, Dexterity, Striking, and Kicking
- Group Game – A fun way for participants to apply the skills practiced at the skill stations. Also provides opportunity for participants to learn rules of a certain game and interact with peers and volunteers
- Conclusion – Conduct range of motion/stretching and relaxation activities to cool down

Divisioning at Special Olympics:

Athletes in every sport and event are grouped by age, gender, and ability – giving everyone a reasonable chance to win. At Special Olympics there are no World Records because each athlete, whether in the fastest or the slowest division is valued and recognized equally. In every division, all athletes receive an award, from gold, silver, and bronze medals, to fourth through eighth place ribbons. This idea of equal ability groupings is the foundation for competition in Special Olympics and can be witnessed at all events, whether it's athletics, aquatics, table tennis, football, skiing, or gymnastics. All athletes are given an equal chance to participate, perform, and be recognized for doing their best by their teammates, family, friends, and fans."