



Special
Olympics

Inclusive Healthy Lifestyle
Groups in Schools



Co-funded by
the European Union



Inclusive Healthy Lifestyle Groups in schools

SESSION BOOKLET

Easy – To – Read



In this booklet you can plan your weekly healthy
lifestyle activities!

SESSION 1: Click or tap to enter a date.



WARM UP



MAIN PART



COOL DOWN

SESSION 2: Click or tap to enter a date.



WARM UP



MAIN PART



COOL DOWN

SESSION 3: Click or tap to enter a date.



WARM UP



MAIN PART



COOL DOWN

SESSION 4: Click or tap to enter a date.



WARM UP



MAIN PART



COOL DOWN

SESSION 5: Click or tap to enter a date.



WARM UP






MAIN PART



COOL DOWN

SESSION 6: Click or tap to enter a date.

	WARM UP
	MAIN PART
	COOL DOWN

SESSION 7: Click or tap to enter a date.



WARM UP






MAIN PART



COOL DOWN

SESSION 8: Final Session Click or tap to enter a date.

	WARM UP
	MAIN PART
	COOL DOWN

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