

# Try It! Camp: Active Start and FUNdamentals

## Active Start FUNdamentals

Special Olympics Saskatchewan will come out to your school or community and host a one hour Try It! Camp in Active Start and FUNdamentals.

Active Start is a family-centered program targeting children with intellectual disabilities ages 2 to 6. Through the program, children learn basic motor skills such as walking, running, jumping, and throwing in a fun and safe environment.

FUNdamentals is a continuation of the Active Start Program for athletes ages 7 to 12. This program transitions from basic movement skills to basic sports skills in an atmosphere of fun and meaningful interaction.

### UNDERHAND THROWING



### JUMPING



### OVERHAND THROWING



### CATCHING



### RUNNING



Free & Fun!

### KICKING



### STRIKING



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