

School Program Guide

Special Olympics
Newfoundland & Labrador



CLASSROOM:

Canada 

Funded by the Government of Canada



What is Special Olympics Unified Sports[®] ?

Special Olympics Unified Sports[®] is a model that promotes social inclusion by integrating individuals with and without intellectual disabilities on the same sports teams to promote social engagement while emphasizing physical, emotional, and cognitive development.

Unified Sports[®] School Program

The goal of the Unified Sports[®] School Program is to have a long-lasting positive effect on overall health and well-being for students in grades K-6. Based on a model of inclusion, the goals and objectives of the program are met by participating in mental wellness activities, educating students on the importance of leisure participation, increasing physical literacy, and helping to establish healthy daily habits. To meet the model of Unified Sports, the School Program is designed to be fully inclusive. It is to be completed as a team, allowing for a fun, engaging, and compelling environment.

Engaging in meaningful leisure activities provides:

- Improvement of one's physical, social, emotional & cognitive well-being
- Opportunity to acquire new skills and improve on current skills
- Improvement of overall mood and behaviour
- Improved ability to concentrate
- Reduced feelings of stress and anger
- Opportunities for feelings of relaxation
- Improved competence and self-esteem
- Opportunities for socialization and peer support.



Occupational-based learning is also achieved through leisure:



- Establishing healthy daily routines
- Determining healthy coping mechanisms
- Establishing community connections
- Identifying one's leisure lifestyle
- An overall increase in self-efficacy

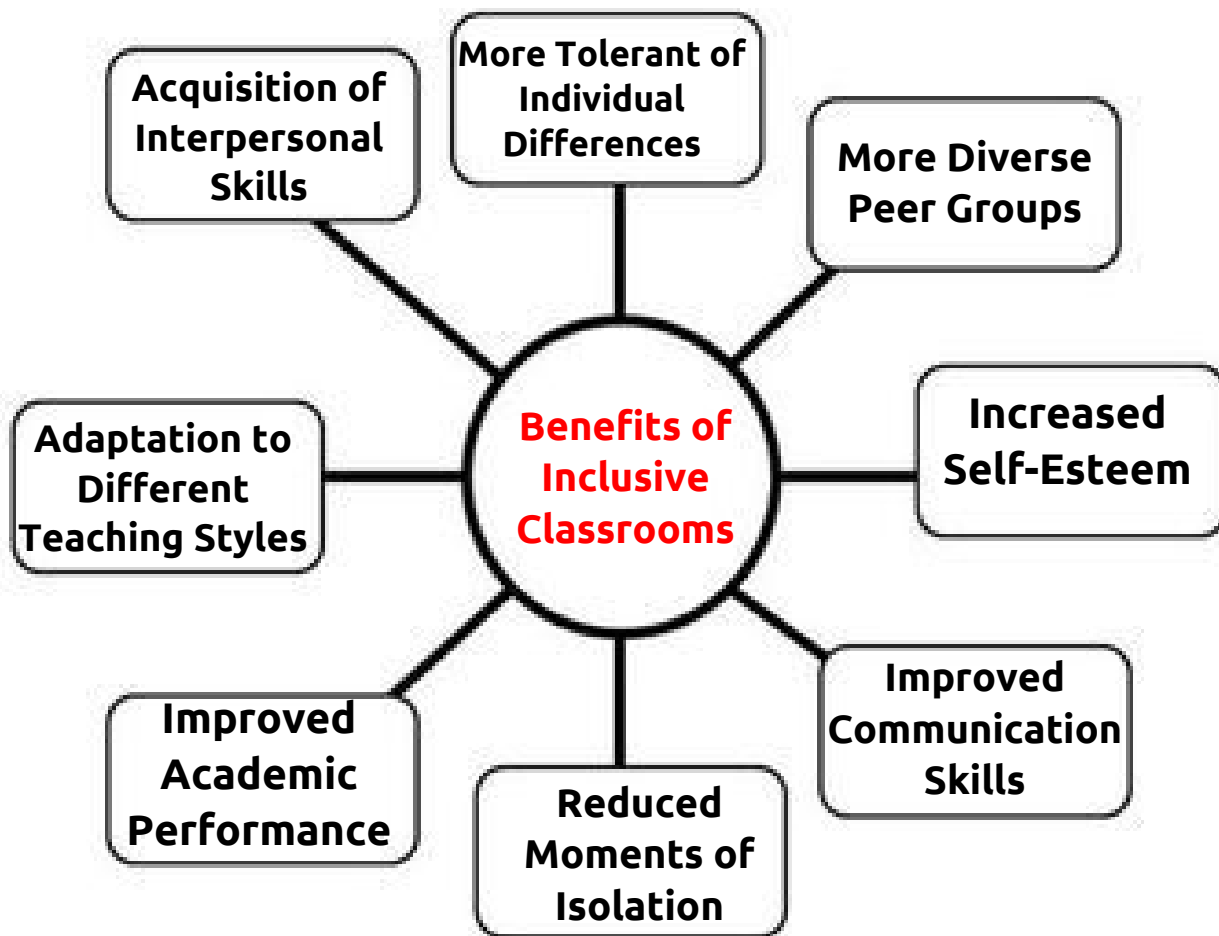
Skills learned through sport and recreation programs are lifelong!





True social inclusion is achieved when someone...

- Has a sense of belonging and acceptance
- Has a valuable presence in the community
- Is involved in activities that match their interests.



Designed through a lens of social determination, the Unified Sports[®] School Program meets the needs of autonomy, competence, and social relatedness by providing the opportunity to participate in freely chosen activities, learn new skills, and participate in a fully inclusive social environment all within a school setting.

The Unified Sports[®] School Program is designed to encourage students to establish healthier lifestyles in a fun and inclusive way through a variety of cross-curriculum activities.

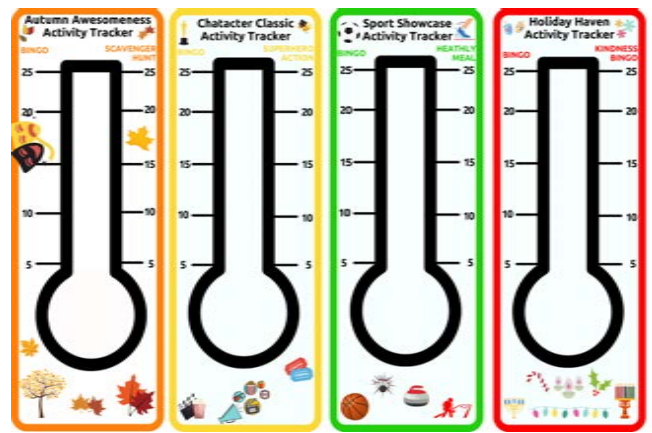
How does the program work?



- Themed weekly Bingo cards with activities designed to enhance curriculum outcomes!
- Themed activity cards to further explore activities and complement curriculum outcomes!
- Interactive inserts to allow for team building and creativity!
- Track progress on a classroom activity tracker where students colour in their achievements!

Each week themed Bingo and Activity Cards, along with interactive inserts will give classrooms a variety of activities to try, with a focus on:

- 1) Physical Literacy
- 2) Mental Wellness
- 3) Healthy Habits
- 4) Team Building



Classrooms complete bingo squares and themed activities, and use the 4-week activity trackers to colour in the progress. This allows for full inclusion, as not every student has to try every activity to achieve success!

Suggested ideas for completing the program:

- Complete activities as a group
- Create groups in the classroom to complete a Bingo line
- Start/end the day with and an activity
- Incorporate the interactive inserts with any topic at anytime
- Challenge another class to an activity
- Challenge a teacher or the staff to do an activity



We encourage YOU to be as creative as you can! The possibilities are endless!
Remember the key is to have fun!



Let's have fun inside the classroom and outdoors!

- Physical Activities
- Relaxation and team-building exercises
- Bingo Card
- Let's Go on a Fall Scavenger Hunt - Sensory Style!
- Interactive Animal Dice Game



Let's train and learn like your favourite movie or TV show characters!

Think of your favourite superhero, secret spy agent, or Disney character!

- Physical Activities
- Relaxation and team-building exercises
- Bingo Card
- Superhero Action Training
- Math Olympics
- Interactive Character Creativity



Trying a sport can be so much fun! Sport helps you make friends, learn about teamwork, feel great about yourself, and helps your brain and body stay healthy!

- Physical Activities
- Relaxation and team-building exercises
- Bingo Card
- Plan a Healthy Meal Challenge
- Interactive Roll a Rainbow Activity



Let's learn about holidays from different cultures all around the world!

- Physical Activities
- Relaxation and team-building exercises
- Bingo Card
- Acts of Kindness Card
- Interactive Holiday Spinner Game



B I N G O


STARFISH JUMPS!
Jumping jacks as fast as you can with arms and legs spread wide!




Help with an Autumn chore at home or in school.



Try a funny scarecrow pose!




Name healthy snacks you can take to school.




Positive Post Its!
Each student write/draw why you love fall on a post-it.

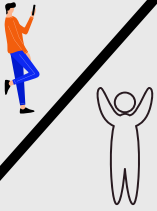
Can display around the classroom!



Cheetah Run!
Run in place as FAST as you can! Just like the fastest animal in the Sahara.




Try Bum kicks
OR



Arm Raises


Be Positive!
Name 3 fall activities you enjoy.




November 24 is Unique Talent Day! Let's have a talent show!



Try the Fall Scavenger Hunt!




ELEPHANT STOMPS!



March in place lifting your knees as high as you can and stomping the ground as hard as you can!

Drink some water today!



FREE SPACE



Share a healthy habit with the class!



Squeeze your fingers or toes tight, then open them - 10 times!

RELAX

GORILLA SHUFFLE!




Sink into a low sumo squat, with hands on the floor, shuffle around the room.

Fall Cleaning!
Help clean the classroom.



Make a Fall themed craft!




Make and Play the Animal Dice Game together!


Interactive Insert Alert!



November 26 is Random Acts of Kindness Day!
Do an act of kindness for a someone



BEAR WALK!




Hands and feet on the floor, hips high - walk left and right.

Wear your coziest Fall sweater for a day!



Share something you do during Fall that makes you feel happy!



FROG JUMP!
Hop, hop, hop up and down like a frog.










Stretch like a cat for 30 seconds!



Let's Go On a **FALL** Scavenger Hunt

Try to see, smell, touch, taste and hear as many of the following items as you can!
Remember to check inside and outdoors!

SEE

- Foot or animal prints 
- An insect 
- A cloud shape 
- A sign 
- Birds nest 
- Fall decoration 
- Yellow leaf 

SMELL

- A flower 
- A tree 
- Green leaf 
- Tree bark 
- Grass 
- An insect 
- A berry 

TOUCH

- A rock 
- A spiders web 
- A Feather 
- A pinecone 
- Red leaf 
- Branch or stick 
- Pine needle 

HEAR

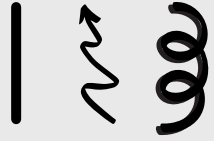
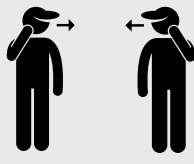


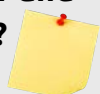


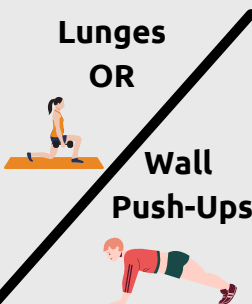










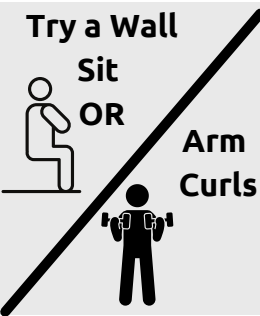






- The wind 
- Crunchy leaves 
- A bird 
- Water 
- Rakes 
- A vehicle 
- An insect 

TASTE

- Something Orange 
- Something Yellow 
- Something Green 
- Something Red 

This is a great way to be active, get outside and have fun!

B I N G O

<p>Put tape on the floor, walk a line, or a zig zag!</p> 	<p>Let's Relax! Look right then look left!</p> 	<p>How many cups of water should you drink each day?</p>  <p>4-8 yrs old = 5 C 9-13 yrs old = 7 C</p>	<p>Share a movie or TV show that makes you happy!</p> 	<p>Positive Post Its! Who is your favourite movie/TV character and why?</p> 
<p>December 5th is Play Outside Day! Do something fun outside today!</p> 	<p>Hold your favourite Superhero pose for 30 seconds!</p> 	<p>Lunges OR Wall Push-Ups</p> 	<p>Learn or tell a joke!</p> 	<p>Try the Superhero Action Training card!</p> 
<p>Check out the Math Olympics Activity!</p> 	<p>Stretch it out like Spider-Man!</p> 	<p>FREE SPACE</p> 	<p>Teachers choice! Be creative!</p> 	<p>Dress like your favourite movie character for a day!</p> 
<p>Drink some water today!</p> 	<p>What does dehydration mean? What are the signs?</p> 	<p>CHARACTER CREATIVITY! Interactive Insert Alert!</p> 	<p>Try a Wall Sit OR Arm Curls</p> 	<p>Do a forward fold!</p> 
<p>Swap an unhealthy movie snack for a healthy one!</p> 	<p>Stand on your tip toes or stretch your fingers!</p> 	<p>December 5 is Ninja Day! Practice your favourite Ninja Moves!</p> 	<p>Why is drinking water important? Can you list 5 reasons?</p> 	<p>Share a healthy morning routine habit!</p> 

SUPERHERO ACTION TRAINING

Try each action, check them off as you go, and circle all the action verbs!

 Balance on one foot for 3 seconds 

 Crawl forward 

 Gallop for 10 steps 



 Jump in place 5 times 

 Leap forward 8 times 

 Run in place for 15 seconds 

 Skip forward 7 times 

 Stomp your feet for 10 seconds 

 Stretch your legs for 12 seconds 

 Walk backwards 

 Bend and reach for your toes 



 Curl your body in a ball and hold 


 Hop on 1 foot 



 kneel up tall for 10 seconds 

 Roll in a straight line 

 Sit and then stand up 6 times 

 Slide to the right 5 times
Slide to the left 5 times 

 Straighten your body and hold for 10 seconds 

 Twist your body to the right and to the left 8 times 

 Wiggle your body for 15 seconds 



MATH

Olympics



Find 2 pencils and 1 blue crayon.
How many items do you have?

$$\square + \square = \square$$

Find 5 books and take away 3
bookhow many books do you have?

$$\square - \square = \square$$

How many kids are wearing a blue shirt? How many kids are wearing a red shirt? How many kids are wearing neither a blue or red shirt? Total kids in class?

$$\square + \square + \square = \square$$

Look up today's temperature.
What is the forecast for tomorrow? What is the difference between today's temperature and tomorrow's forecast?

$$\square - \square = \square$$

Divide this jug of water equally between 2 kids.



8 Cups

$$8 \div \square = \square$$

OR

$$\square + \square = 8$$

Use the answer for each equation and pick a physical activity to try that many times or length of time. For Example: 3 = 3 seconds OR 3 = 3 Jumping Jacks

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December 5th is Play Outside Day! Try a sport outside.



Try high knees
OR



Leg Swings



Try the Butterfly leg stretch



Share why you think sports are fun!



Positive Post Its!
Post an athlete who inspires you!



Can display around the classroom!

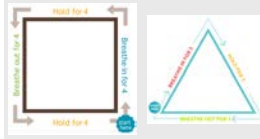
Share a sport that makes you feel strong!



Standing torso twists!



Try Square or Triangle breathing!



Classroom Bocce!
Closest paper ball thrown toward a target on the floor wins!



Name a sport you would like to try!



Complete the Plan a Healthy Meal Challenge!



December 1st is World Trick Shot Day. Score a goal in a fun way!



FREE SPACE



Toss a paper ball with a partner or at a target!



Drink some water today!



Come up with a fun team name for the class!



ex. Team Tiger!

Create a logo for your class team name!



Try a fun activity outdoors!



Try squats
OR



Side Arm Raises

Solo activity of your choice!
Be creative!



Roll a Rainbow Game!



Interactive Insert Alert

Share a healthy night time routine habit with the class!



Standing long jump
OR



Arm Circles

Show off your favourite celebration dance!



Toe touches for 60 seconds!!

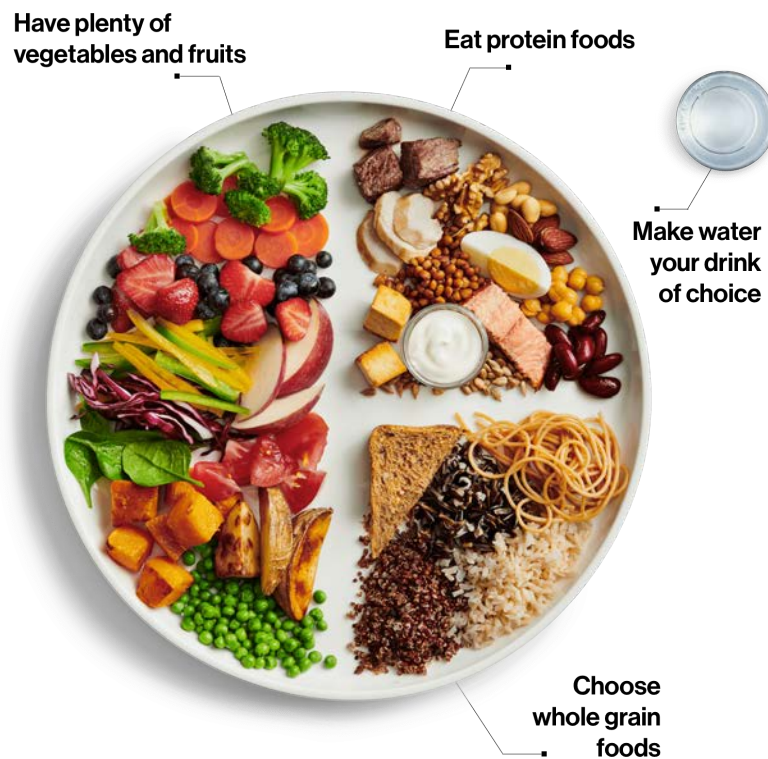


Planning a Healthy Meal

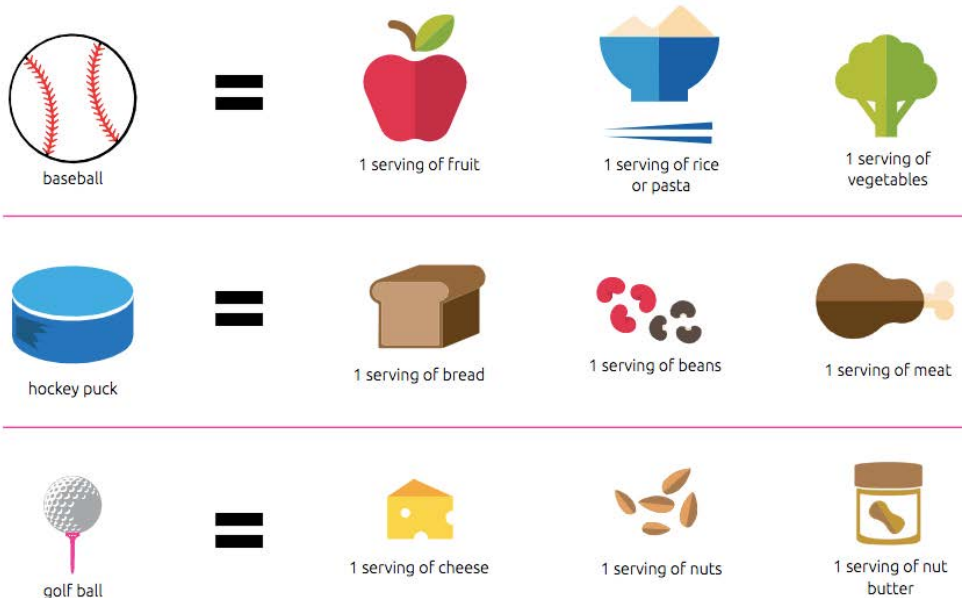


It is important for everybody, not just athletes, to eat healthy! You need to eat the right food before and after exercising to help your body refuel and recover! Remember to stay hydrated by drinking plenty of water!

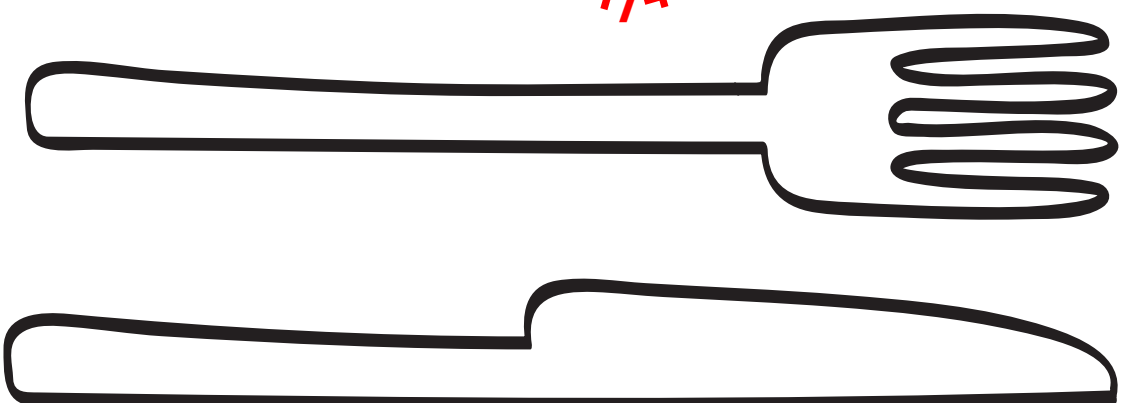
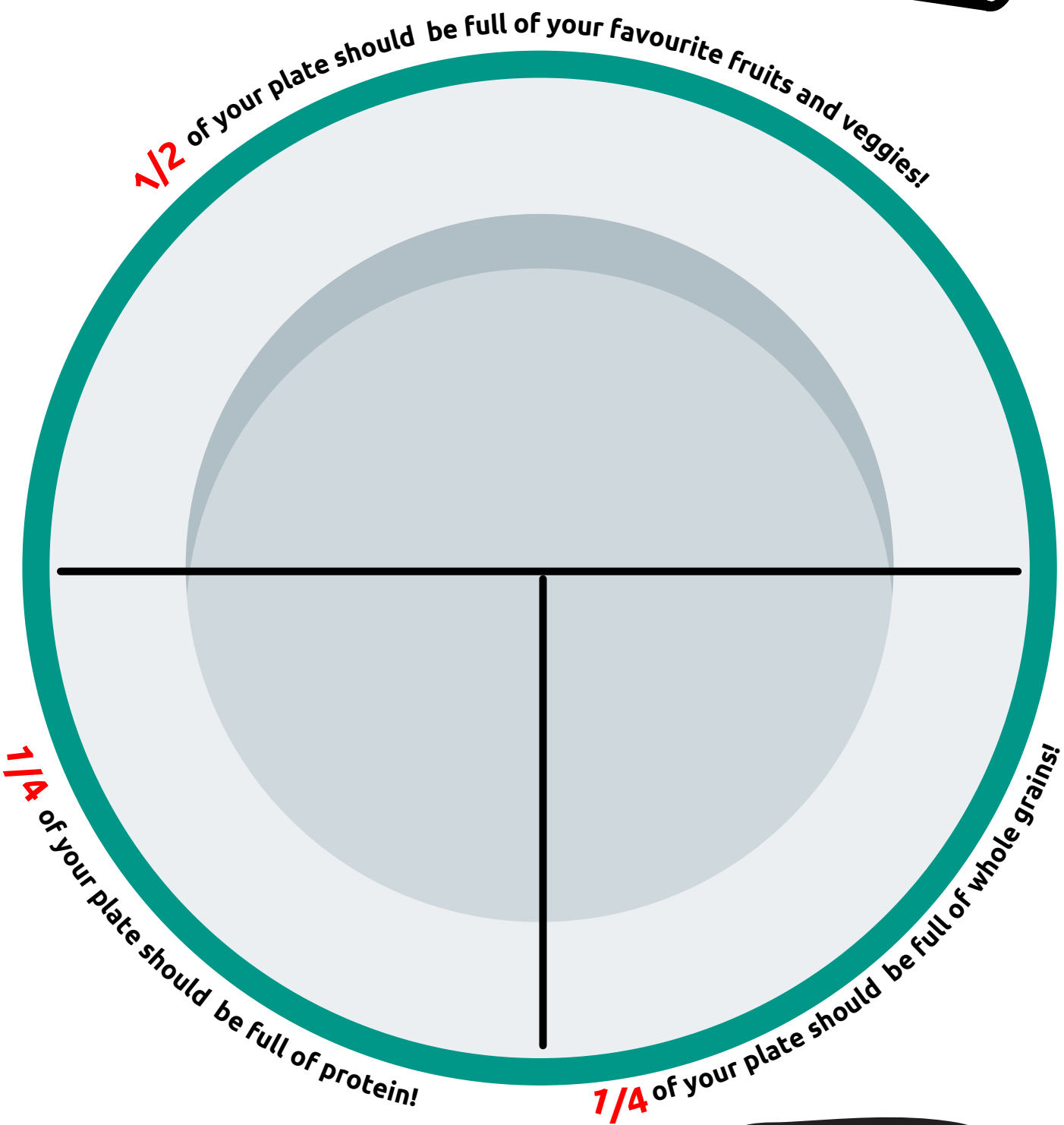
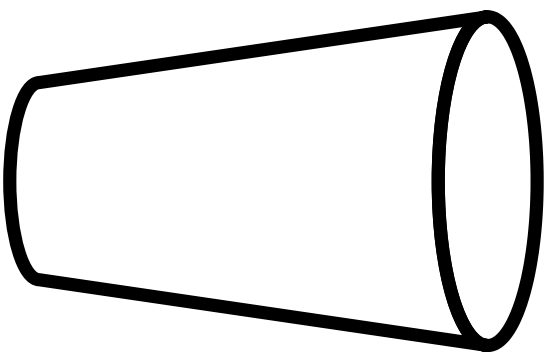
Plan a meal to eat that is healthy. Draw and colour it, or cut out pictures of food! Use the [Canadian Food Guide](#) to help. Think about what you will drink and the amount of food on your plate.



Here is a fun way to remember how much to eat when you have a serving. The size of sports equipment on the left is about the same size as one serving of the foods on the right.




Draw and color or cut and glue pictures of food to create your healthy meal!



B I N G O

Side to side hops
OR
March on the spot




Create a Diya and learn about Diwali.

Did you know Diwali is celebrated in November?



Try a holiday themed action song!



Reindeer Run!
Skip in place and move like Santa's Reindeer!



Positive Post Its!
Post your favourite thing about the Holidays!


Can display around the classroom!



What holidays do people celebrate around the world?



Try the acts of kindness bingo card!



List 5 things you are thankful for this holiday season!



December 17 is Clean Air Day!
Get outside and enjoy some fresh air!



Holiday activity of the class' choice!
Be creative!



Share a healthy weekend routine habit with the class!




Help decorate the classroom!




FREE SPACE



Thank someone in your school!



Make a Holiday card!



Help decorate at home, school or in the community!



Share your favourite Holiday tradition with the class!



December 19 is Games Day! Play a game with someone!



Jump X 1 for each name you can list for Santa Claus!



Try the Holiday Spinner!

Interactive Insert Alert



Make a Holiday themed craft!



Drink some water today!




Play Santa Says! (Simon Says)


Skip!



December 14 is Yoga Day! Try a yoga pose!



Spin like a Dreidel! Learn about Hanukkah.



Random Acts of Kindness Bonus Bingo



B

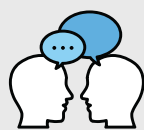
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Practice good listening skills.



Let someone go in front of you in line.



Clean something in the classroom without being asked



Make someone smile or laugh!



Encourage a classmate or someone at home!



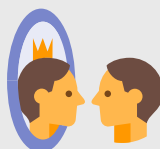
Ask someone what their holiday plans are?



Use "please" and "thank-you"

THANKYOU

Use positive self-talk.



Help someone with a chore.



Help your teacher in the classroom.



Say something positive to a friend, or leave a positive note on someone's desk.

List things you are thankful for.



RANDOM ACT OF KINDNESS!



FREE SPACE!

Open the door for someone.



Do an act of self-care.



Be kind to someone today!



Give someone a compliment (not based on appearance)

you're doing great!

Sharing is Caring!



Use a reusable water bottle



Reduce, Reuse, Recycle



Play a game or share an activity with someone.



Ask someone how their day is going?



High-five a classmate or someone at home!



Write or draw a thank you note for someone.



Help someone today!





RAINY DAY RESOURCES



FIT 5



[RESOURCES.SPECIALOLYMPICS.ORG/HEALTH/FITNESS/FIT-5](https://resources.specialolympics.org/health/fitness/fit-5)

SCHOOL OF STRENGTH



[WWW.SPECIALOLYMPICS.ORG/SCHOOL-OF-STRENGTH](http://www.specialolympics.org/school-of-strength)

SOBEYS NUTRITION CORNER



[NUTRITIONGUIDE.SPECIALOLYMPICS.CA/SOBEYS-NUTRITION-CORNER](https://nutritionguide.specialolympics.ca/sobeys-nutrition-corner)

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