

Get Into Our Game

THE GAME PLAN



1. Conduct **Get Into Our Game** in a self-contained or inclusive classroom, during gym, in an after-school or community recreation program.
2. Provide individuals of all ages and ability levels the chance to learn key sports skills and participate in athletic competition.
3. Implement across the age span, thus ensuring applicability across settings (e.g., schools, community programs).
4. Meet school-based curriculum standards.

A must for any school or community interested in either inclusive and/or self-contained sports activities for individuals with intellectual disabilities.

FOR QUESTIONS, COMMENTS, GETTING STARTED or MORE INFORMATION

CONTACT:

Special Olympics New Jersey
 3 Princess Road
 Lawrenceville, NJ 08648
 (609) 896-8000
 Fax: (609) 896-8040
info@sonj.org

MISSION - The mission of Special Olympics is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community.

Get Into Our Game



Special Olympics
New Jersey

Endorsements



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SPECIAL OLYMPICS NEW JERSEY / 3 PRINCESS ROAD / LAWRENCEVILLE, NJ 08648
 609.896.8000 / FAX 609.896.8040 / www.sonj.org

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Get Into Our Game

SPORTS SKILLS TRAINING PROGRAM

Get Into Our Game is a new sports skills training program offering individuals with intellectual disabilities the opportunity to participate in sports in an inclusive or self-contained environment. While the program allows for self-contained sports training and competition exclusively for individuals with disabilities, the inclusive sports opportunity in **Get Into Our Game** (Unified Sports®) has also proven to be highly successful at meeting the needs of athletes in both the community and the schools within the community.

Get Into Our Game is:

- ◆ FREE;
- ◆ easy to conduct;
- ◆ provides flexibility for implementation in a variety of settings;
- ◆ maintains the integrity of the sport being played;
- ◆ facilitates skill acquisition;
- ◆ supports the transfer of skills across areas of adaptive learning;
- ◆ promotes teamwork, pro-social attitudes and skills;
- ◆ creates an inclusive sports experience and *is fun!*



Sport is the perfect vehicle to facilitate inclusive activity in schools and the community. Sport skill activities lead to a competitive experience, neutralize intellectual differences, and make *fun* the common denominator among participants.

Teamwork through respect on the playing field creates friendships that continue in the classroom and the community.

It is a proven philosophy that participation in inclusive sports activities results in an increased acceptance of individuals with developmental disabilities and it supports their future successes in the community.

Get Into Our Game

THE BENEFITS

You get information, equipment, and technical support to begin a Special Olympics sports skills training program for eligible individuals in schools and community programs.



- ◆ Fully designed and ready-to-go program.
- ◆ Training protocol and teaching curriculum in Soccer, Basketball, and Track & Field.
- ◆ Six basic sport specific skills taught and reinforced during instructional periods for each of the three sports.
- ◆ Suggestions for teaching and practicing the skills with outlined drills for various ability levels to reinforce the skills learned.
- ◆ Skills Assessments to review and highlight newly acquired skills.
- ◆ Suggestions for activities to showcase new skills at the completion of each sport.
- ◆ Sample IEP goals and objectives.
- ◆ Sport specific vocabulary “key words” used to support the “Teaching the Skill” sections of the curriculum.

The **Get Into Our Game** program meets the needs of individuals, an entire class or school, a community recreation program, administrators, and/or recreation staff.

Get Into Our Game

YOUR RESOURCES

The program is consistent with the New Jersey Core Curriculum Content Standards for Physical Education by promoting movement concepts and skills as well as fitness concepts and skills. The four crucial elements matching the Get Into Our Game program with the Core Curriculum Content Standards for Physical Education are:

1. Developmentally appropriate
2. Sequential and progressive skill instruction
3. Concept development
4. Physical fitness

School and community programs receive equipment to start the Get Into Our Game program.

- ◆ SONJ sports equipment: SONJ soccer balls, basketballs, softballs (for the softball throw), and cones for drills
- ◆ Ball bags and luggage tags
- ◆ SONJ clipboard and coach’s shirt
- ◆ Stop watch for Track & Field events and skill contests
- ◆ Wall poster to chart athlete progress with dry erase marker and sports sticker (i.e., soccer balls, basketballs, track shoe) for poster
- ◆ Special Olympics New Jersey T-shirts for athletes
- ◆ Technical assistance necessary to implement **Get Into Our Game** available on-site or over the telephone

All of the above is **FREE** for participating programs.