



Dear Parents:

Special Olympics New Jersey's **Get Into Our Game** provides teachers/coaches with the information, equipment, and resources to begin a Special Olympics sports skills training program for individuals with and without disabilities within their schools physical education or after school program.



While the program allows for self-contained sports training and competition exclusively for individuals with special needs, the inclusive – or unified – sports program has proven to be highly successful at meeting the needs of the entire school community.

The goal of the program is to give participants of all ability levels the chance to learn key sports skills and participate in athletic competition. Each of the three sports in the program, Soccer, Basketball, and Track & Field, have basic skills that will be taught and reinforced during instructional periods.

Get Into Our Game promotes:

- **skill development,**
- **physical fitness,**
- **social interaction,**
- **quality sporting experiences, and**
- **an active, healthy lifestyle.**

All of these factors contribute to your child achieving optimal wellness and personal fitness.