

SOO VIRTUAL SPORT FESTIVAL



HOSTED BY



ST. MILDRED'S-LIGHTBOURN SCHOOL
Inspired Girls. Empowered Women.



Phone: 1 (888) 333-5515 ext. 246
<https://www1.specialolympicsontario.com/schools>

Date:	Monday, June 8 th – Friday, June 12 th , 2020
Time:	Daily 9:00am Activity Release
Location:	Special Olympics Ontario School Programs Facebook page
Link:	https://www.facebook.com/SOOSchoolPrograms/
SOO	Special Olympics Ontario School and Youth Team
CONTACT:	schools@specialolympicsontario.com or 1-888-333-5515 ext. 246

What is the Virtual Sports Festival?

The Sports Festival is an introductory event where elementary students with intellectual disabilities have the opportunity to try ability-appropriate activities and games that promote physical activity and healthy living!

Special Olympics Ontario hosts Sports Festivals around the province to introduce young athletes, teachers, and families to the Special Olympics Movement and to share ideas and resources!

Over the week of June 8th to June 12th we will be releasing three activity videos each day on our Special Olympics Ontario School Programs Facebook page. These videos will provide demonstrations for activities that can be completed right from your home. The videos will remain up on our YouTube page so you can reference them at any time.

There are some household items that will be needed for the activities:

- Small objects to toss (ex. Bean bag, small ball, rolled up socks, crumpled paper, etc.)
- An empty container (ex. Bin, laundry basket, basket, etc.)
- Music/speaker
- Paper (ex. Plain paper or construction paper)
- Writing tools (ex. Crayon, marker, pencil crayon, etc.)
- A few books/cd cases/Tupperware/empty plastic water bottles
- Balloon (optional) – use small ball alternatively
- Yoga mat (optional) - for comfort
- Racquet (Optional) – use hand alternatively
- Pillows/placemats/pieces of paper
- Paper plates/plastic plates
- Plastic cups/plastic bottles
- Extras for crafts (ex. Safety scissors, glitter, glue/tape, etc.)



