

TOWARDS AN INCLUSIVE SOCIETY THROUGH SPORTS

INCLUSIVE SPORT CONFERENCE 2021

DATE & TIME
16 TO 18 MARCH 2021
9AM - 5PM



Host



Co-host



INCLUSIVE SPORT CONFERENCE 2021



TOWARDS AN INCLUSIVE SOCIETY THROUGH SPORTS



Let me win
But if I cannot win
Let me brave
in the attempt



Young Athletes welcomes children and their families into the world of Special Olympics.

MOTOR SKILLS



Children with intellectual disabilities who took part in Young Athletes developed motor skills more than twice as fast as others who did not take part.

SOCIAL, EMOTIONAL AND LEARNING SKILLS



Parents and teachers of children who took part in the Young Athletes curriculum said the children learned skills that they will use in pre-primary school.

EXPECTATIONS



Family members say that Young Athletes raised their hopes for their child's future

SPORT READINESS



Young Athletes helps children get ready to take part in sports when they are older.

ACCEPTANCE



Inclusive play helps children without a disability to better understand and accept others.

Introductory Information

- [Young Athletes Fact Sheet \(PDF\)](#)
- [Young Athletes Brochure \(PDF\)](#)
- [Young Athletes Poster \(PDF\)](#)
- [Let's Play Together YA \(video\)](#): Promotional video introducing Young Athletes.
- [Young Athletes Stories](#): Stories about the impact of Young Athletes around the world.
- [Young Athletes Research](#): Results from Young Athletes research studies.
- [Young Athletes Equipment \(PDF\)](#): A list of equipment and resources needed to conduct YA activities in a home, school or community.
- [Young Athletes Equipment Kits for Purchase](#): Buy Young Athletes equipment kits online through Flaghouse (US-based).
- [Impact of Young Athletes \(PPT\)](#): A high-level presentation aimed at sharing the goals and impact of Young Athletes.

Young Athletes Activity Guide

- Instructions for running the games and activities in Young Athletes. This version is for online viewing (PDF): [English](#) | [Chinese](#) | [French](#) | [Spanish](#) | [Arabic](#) | [Russian](#) | [Estonian](#) | [Slovak](#)
- [Activity Guide for Printing in English \(PDF\)](#): A high resolution file for printing the instructions for running the games and activities in Young Athletes.

Young Athletes Activity Videos

- **Foundational Skills:** Video of activities that develop foundational skills, which help children become aware of themselves and their surroundings. Download: [Booklet \(PDF\)](#) | [Card \(PDF\)](#)
- **Walking and Running:** Video that highlight different activities to improve walking and running skills. Download: [Booklet \(PDF\)](#) | [Card \(PDF\)](#)
- **Balance and Jumping:** Video that include activities, like Jumping High and Leaping Lizards, that focus on the core skill of balance. Download: [Booklet \(PDF\)](#) | [Card \(PDF\)](#)
- **Trapping and Catching:** Video of activities that children use to stop a ball with their body or catch it with their hands. Download: [Booklet \(PDF\)](#) | [Card \(PDF\)](#)
- **Throwing:** Video that includes activities, like Train Tunnel and Target Practice, that focus on grip, release, aim and other important skills in throwing. Download: [Booklet \(PDF\)](#) | [Card \(PDF\)](#)
- **Striking:** Video of activities that teach children how to hit a ball with their hand or an object. These skills develop hand-eye coordination. Download: [Booklet \(PDF\)](#) | [Card \(PDF\)](#)
- **Kicking:** Video that includes activities, like Penalty Kick and Cone Dribble, that teach children how to kick a ball with their feet. Download: [Booklet \(PDF\)](#) | [Card \(PDF\)](#)

Young Athletes Curriculum

- Young Athletes Curriculum lessons (ZIP) and resources (all 8-weeks included in one PDF).
Resources are in: [English](#) | [Arabic](#) | [French](#) | [German](#) | [Russian](#) | [Spanish](#)
- [Summary Cards Weeks 1 - 8 \(PDF\)](#): Lesson Summary Cards are provided as prompts for teachers and coaches to use while teaching. They also serve as a resource for families to learn about their child's experience in the program.

Training Young Athletes Coaches

- [**Young Athletes Coaches Training \(PPT\)**](#): Standardized resource for SO Programs to use in training new Young Athletes coaches in all three models of Young Athletes.
- [**Young Athletes Coaches Training Facilitators Guide \(PDF\)**](#): Guide for SO Programs on how to implement the Young Athletes Coach Training.
- [**Young Athletes in Schools \(PDF\)**](#): One-page PDF to support coaches training and implementing Young Athletes in schools.
- [**Young Athletes in Communities \(PDF\)**](#): One-page PDF to support coaches training and implementing Young Athletes in communities
- [**Young Athletes in Homes \(PDF\)**](#): One-page PDF to support coaches training and implementing Young Athletes in homes.

Resources for Families

- [**Young Athletes at Home:**](#) Young Athletes offers families a collection of resources and activities for inclusive play at home.
- [**Guide for New Parents of Children with ID \(PDF\):**](#) This is a resource guide to support parents and families of children newly diagnosed with intellectual disabilities.
- [**Young Athletes Family Flashcards \(PDF\):**](#) Fun and engaging flashcards for families to use at home to run Young Athletes activities.
- [**Young Athletes at Home Guide \(PDF\):**](#) Guide for families and caregivers to continue at home the Young Athletes activities their child is doing in a school or community program.
- [**Special Olympics Coloring Book \(PDF\)**](#)





VOLUNTEERS



A critical piece in the programme

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The best lesson in life happens outside the classroom.

Special Olympics
Singapore



WHAT I DO FOR A LIVING



Secondary School Mathematics Teacher
Badminton, Handball, Floorball TIC
VIA Committee

KEVAN IN 3, 2, 1



**Uncle of 3 (17, 15 and 13 years old)
Father of 2 (17 months and 2 months)
Husband of 1 😊**

KEVAN AS A VOLUNTEER



(Overseas)
Love Cambodia

(Local)

Changkat Changi Secondary School, Beyond Social Services, Singapore Prison Services,
RSVP Singapore, ACRES, Apex Harmony Lodge,
Special Olympics Singapore

HOW IT ALL STARTED



2017

- Looking for VIA for Badminton CCA
- Friend introduced me to his friend who is volunteering with Special Olympics Badminton Outreach



STARTED WITH THOSE WHO ARE INTERESTED

Badminton Outreach and Young Athletes Programme 2017



“Wah Mr Lee, I thought we come and teach them badminton. Some of them better than us sia!”

MORE STUDENTS SIGNED UP

Young Athletes Programme 2018



Brought my niece along to volunteer too 😊

SCHOOL-WIDE RECRUITMENT

Badminton Outreach and Young Athletes Programme 2019



Volunteers from Sec 1 to Sec 4.

From different CCAs.

Performing Arts, Sports, Uniformed Group, Clubs and Societies

ADVOCATING WITH THEIR EXPERIENCE

Flag Day 2019



MORE STUDENTS, DIFFERENT EXPERIENCE

Play Inclusive 2019



CB? LET'S GO ONLINE!

Badminton Outreach 2020



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#1: LAPTOPS, SPEAKERS, CHARGER, DSLR READY!



A blessing that I'm
trained as an
e-supervisor for
national exam 😊



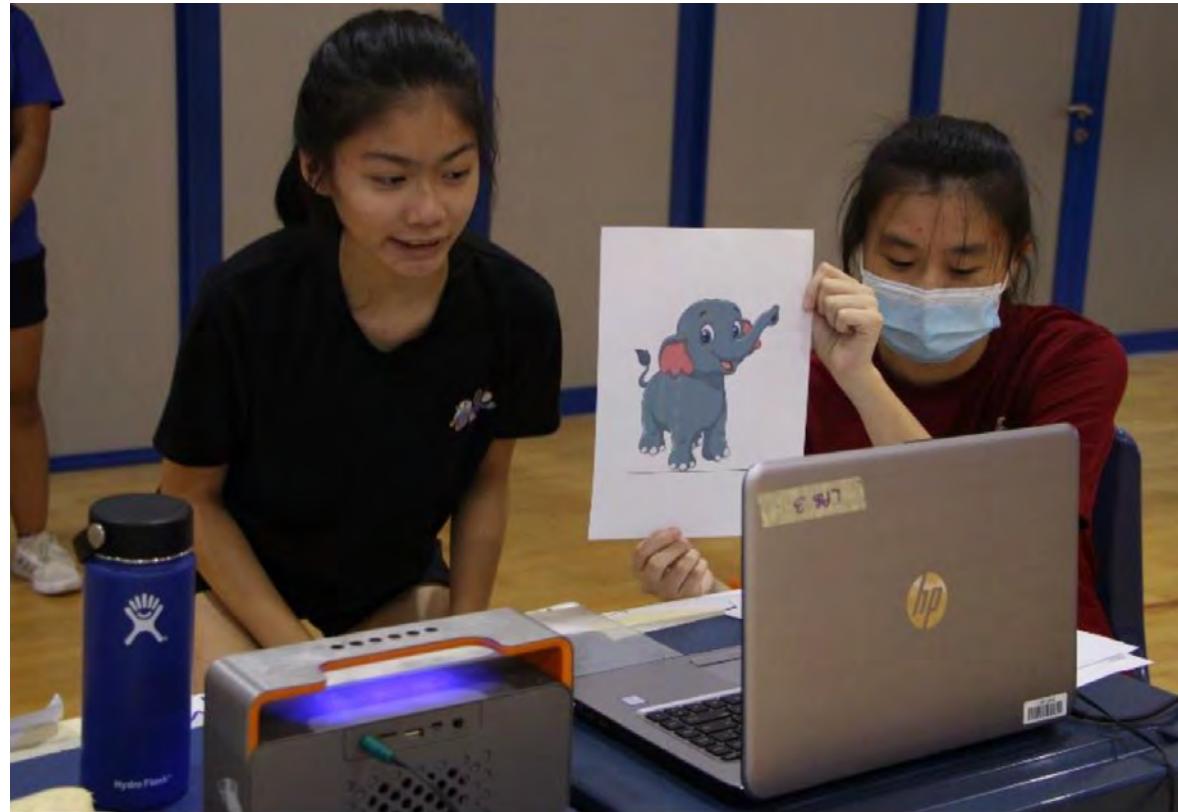
#2: IF YOU FAIL TO PLAN, YOU ARE PLANNING TO FAIL



Students researched and came up with a plan and (script) for their breakout session.



#3: APPLYING WHAT THEY LEARNED.



Students printed visual aid to help the athletes understand the activity/ storyline better.

#4: REHEARSAL 1.5 HOURS BEFORE SESSION



Familiarising with the setup and troubleshoot any potential issue before the actual session.

#5: ADJUSTING TO THE CHILD'S ABILITY AND INTEREST



Some love to dance more

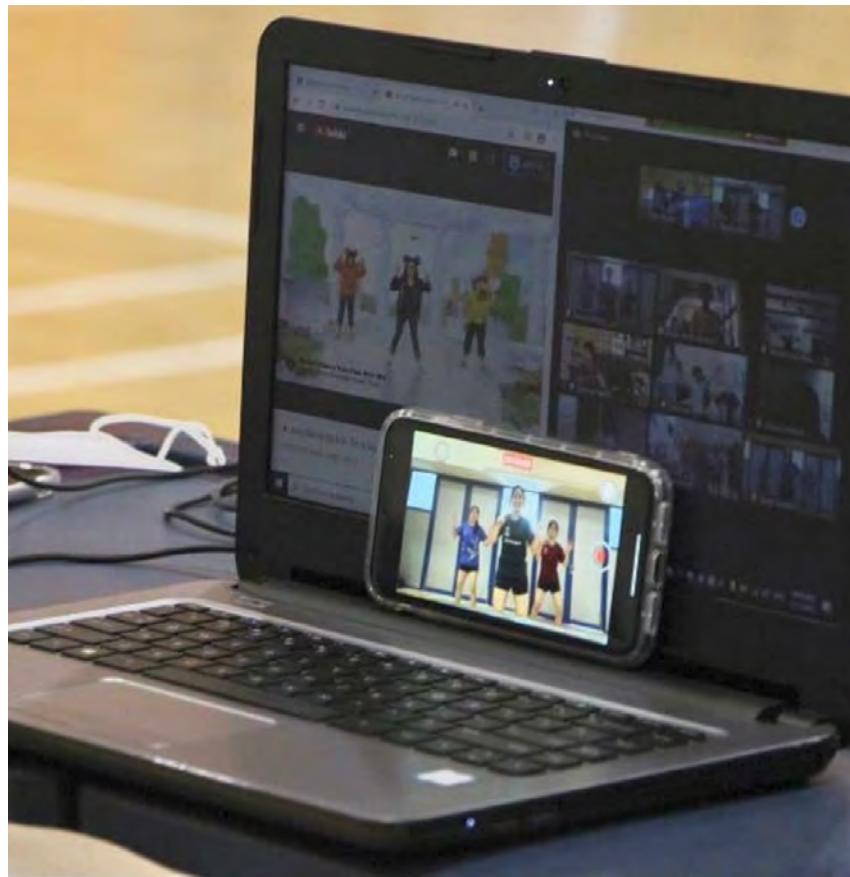


Some love ball
activities more

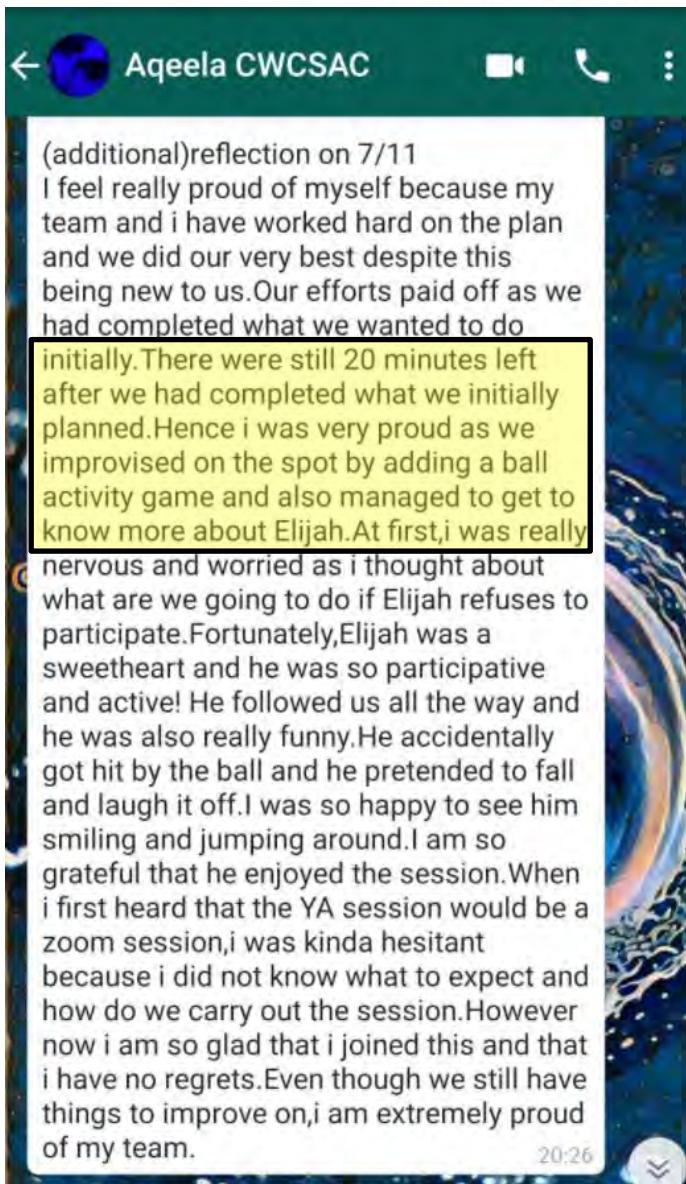


Some love static exercises more

#6: IMPROVISE ON THE SPOT!

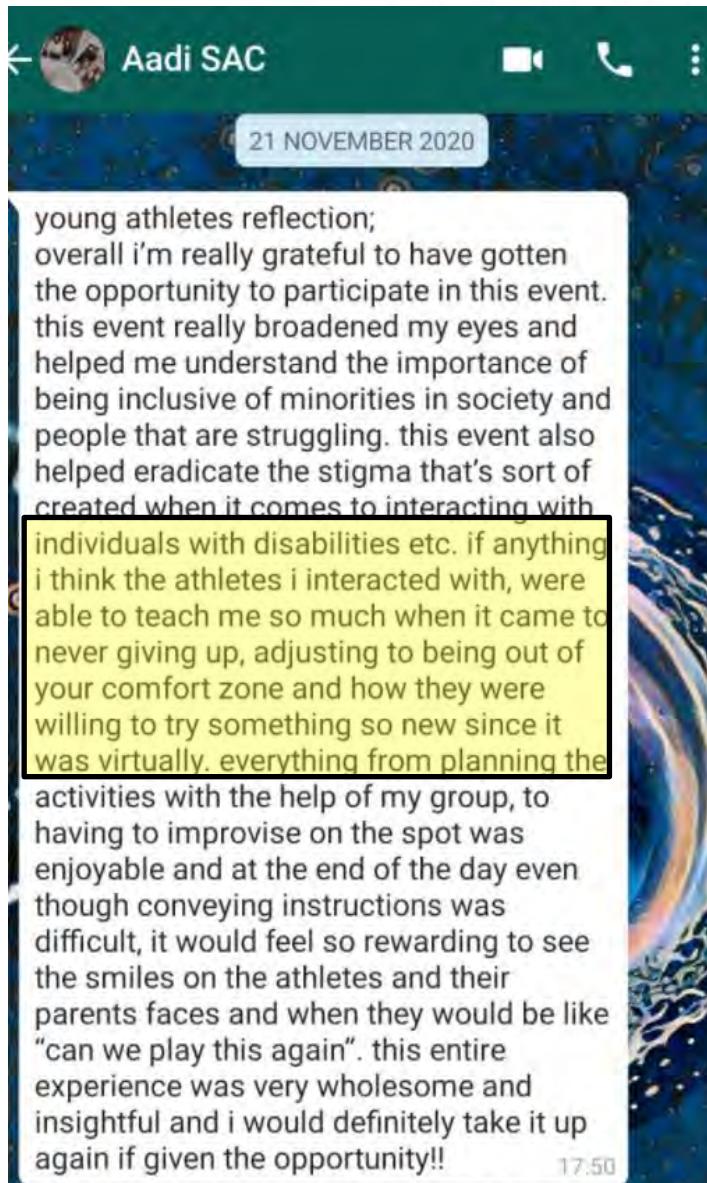


**My students' response when the athletes made an
impromptu request for gummy bear dance.**

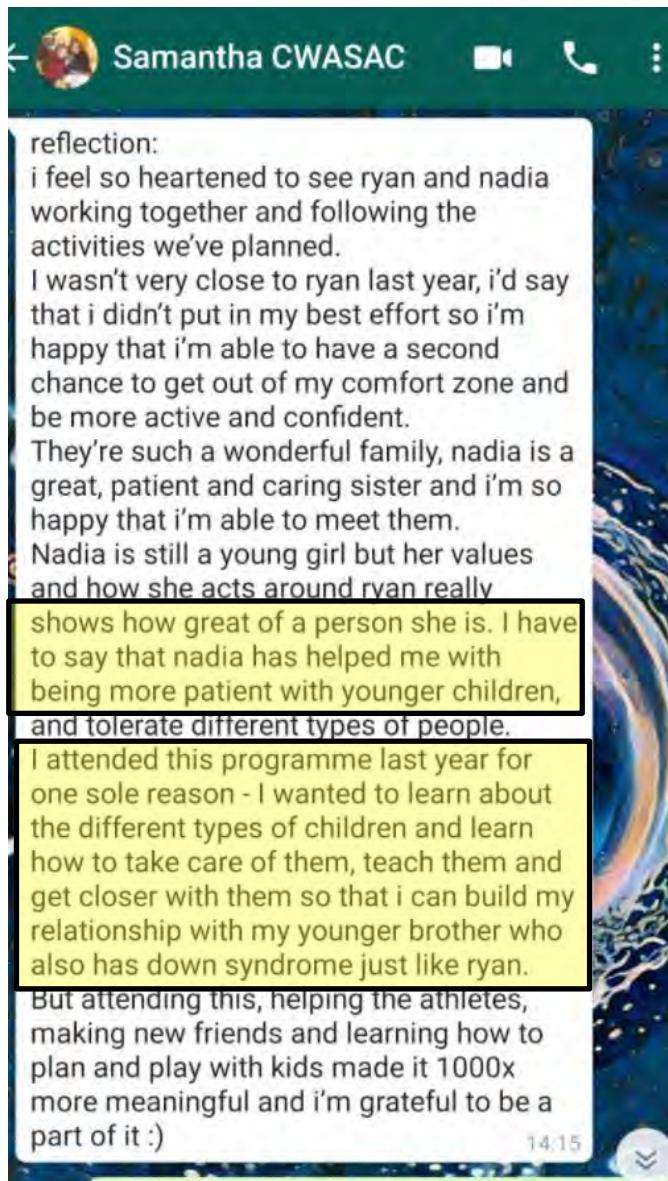


There was still 20 minutes left after we had completed what we initially planned. Hence I was very proud as we improvised on the spot by adding a ball activity game and also managed to get to know more about Elijah.





I think the athletes I interacted with, were able to teach me so much when it came to never giving up, adjusting to being out of your comfort zone and how they were willing to try something so new since it was virtually.



Nadia (athlete's sister) has helped me with being more patient with younger children.

I wanted to learn about the different types of children and learn how to take care of them, teach them and get closer with them so that I can build my relationship with my younger brother who also has down syndrome.

VALUES-IN-ACTION

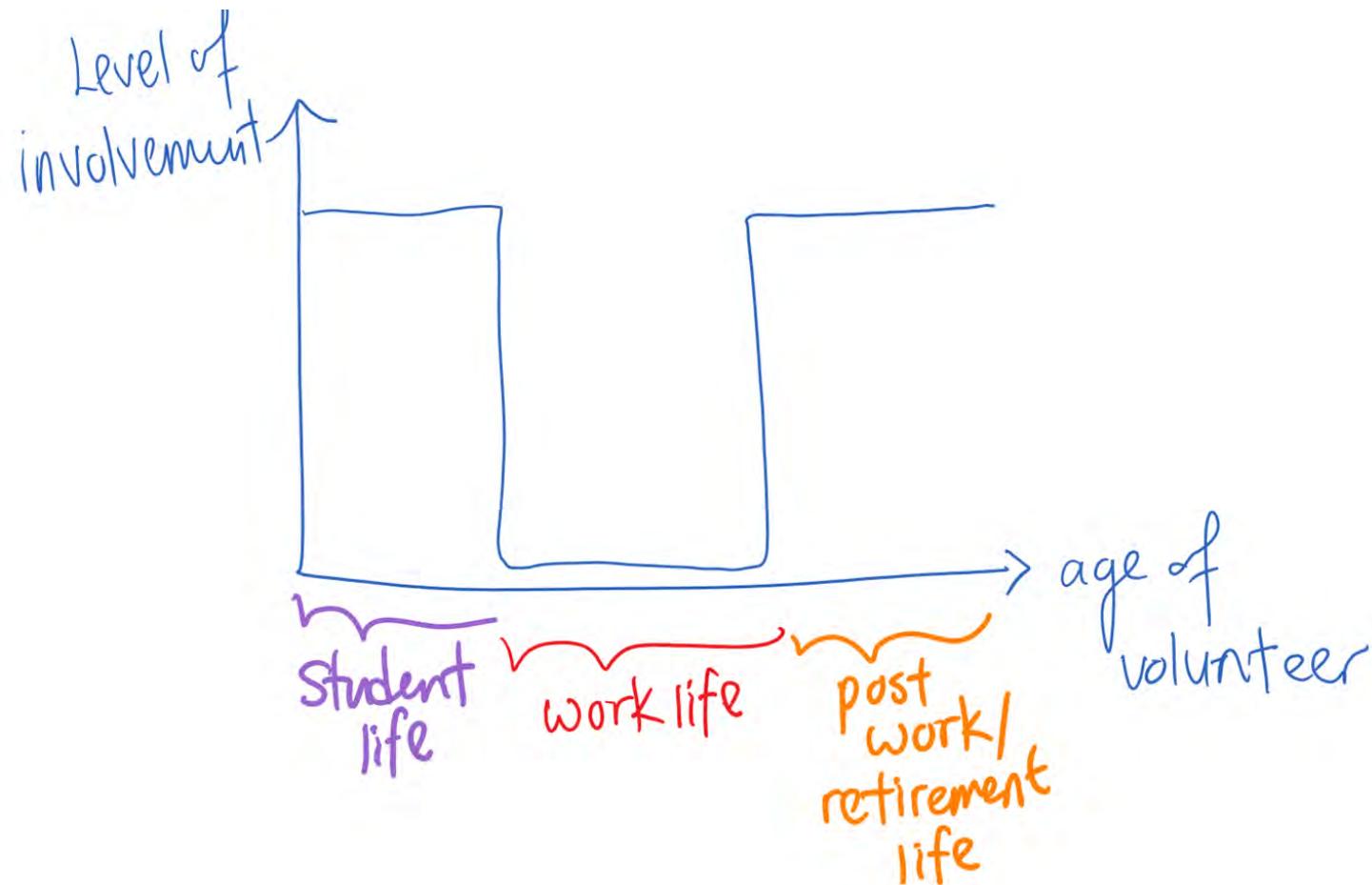
beyond the hours and the LEAPS 2.0 record

1. Focus on building relationship.
2. Call me a buddy instead of a volunteer!
3. Ask. Don't assume, don't judge.
4. Respect each other. We are all human beings.



HOPE FOR THE FUTURE

volunteerism as a part of life



WANT TO COLLAB?

take a photo :)

lee_wei_hao_kevan@moe.edu.sg

