

BACKGROUND

Special Olympics Australia is an international organisation dedicated to empowering individuals with an intellectual disability to become physically fit, productive and respected members of society through sports training and competition.

Special Olympics offers children and adults with an intellectual disability year round training and competition in twenty six olympic type summer and winter sports.

Special Olympics serves more than one million people in more than 150 countries.

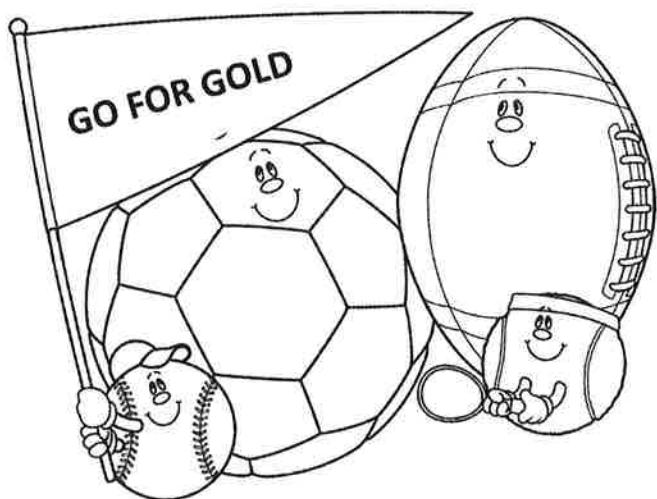
In Australia there are 3,000 athletes competing in eight sports with a focus on participation and achieving their personal best. Athletes are trained and can compete at local, state, national and international level.

Visit Special Olympics on-line at www.specialolympics.com.au

PROJECT:

AIMS AND GOALS

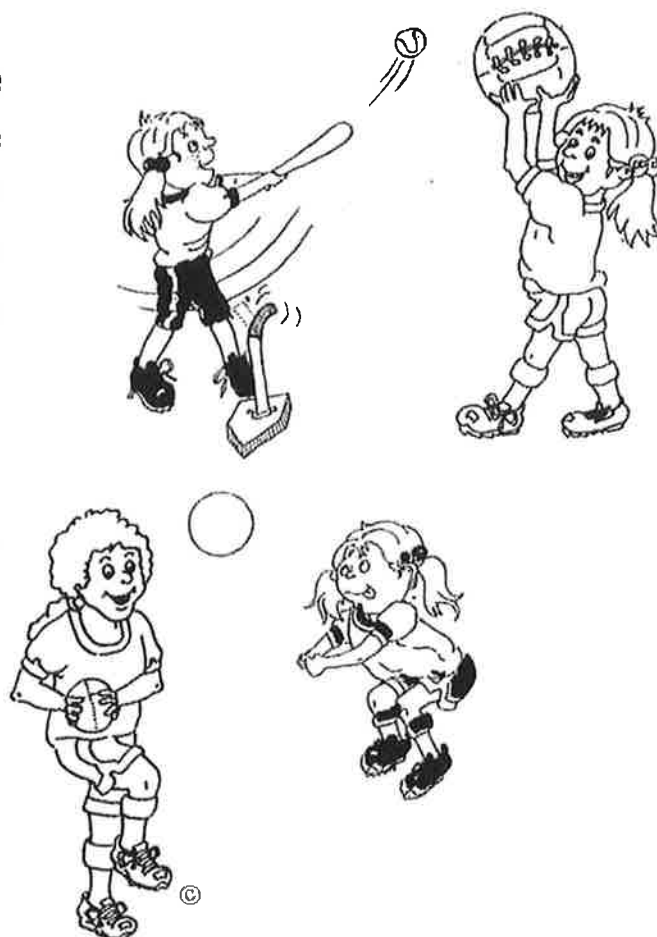
- To raise funds for SOA
- Build community support for children with intellectual disabilities.
- Create Australia wide awareness.
- Establish a program which will be effective long term moulding of community attitudes.
- Involve Olympians in the process of developing community understanding. Create a social and sporting program with mainstream school children.
- Build up 'Buddy Schools' for children with intellectual disabilities.



SCHOOLS MINI-OLYMPICS – HOW IT WORKS

There are 10 teams of 8 students. The 10 teams rotate until they complete the 10 activities. Each activity goes for 5 minutes. Points are totalled after the 10 activities and the winning teams announced.

The top team from each school competes in the finals in October at the International Tennis Centre, Homebush.



SPONSORSHIP

Sponsorship money can be gained by the amount of points scored by your team, e.g. 200 points. You may ask to be sponsored for 2c per point.

This would mean you would collect \$4 from that particular sponsor. If it were 10c per point, you would earn \$20 from your sponsor. Remember to keep the amount per point as low as possible – you may earn 300 points.

Also some sponsors may like to sponsor you for a set amount of \$5 or \$10. This is also another way to go.



GO FOR GOLD SCORECARD PRIMARY 3 -- 6

ACTIVITY	TEAM 1	TEAM 2	TEAM 3	TEAM 4	TEAM 5	TEAM 6	TEAM 7	TEAM 8
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
TOTAL								

WINNER: _____

PRIMARY

YEARS 3 – 6

10 ACTIVITIES

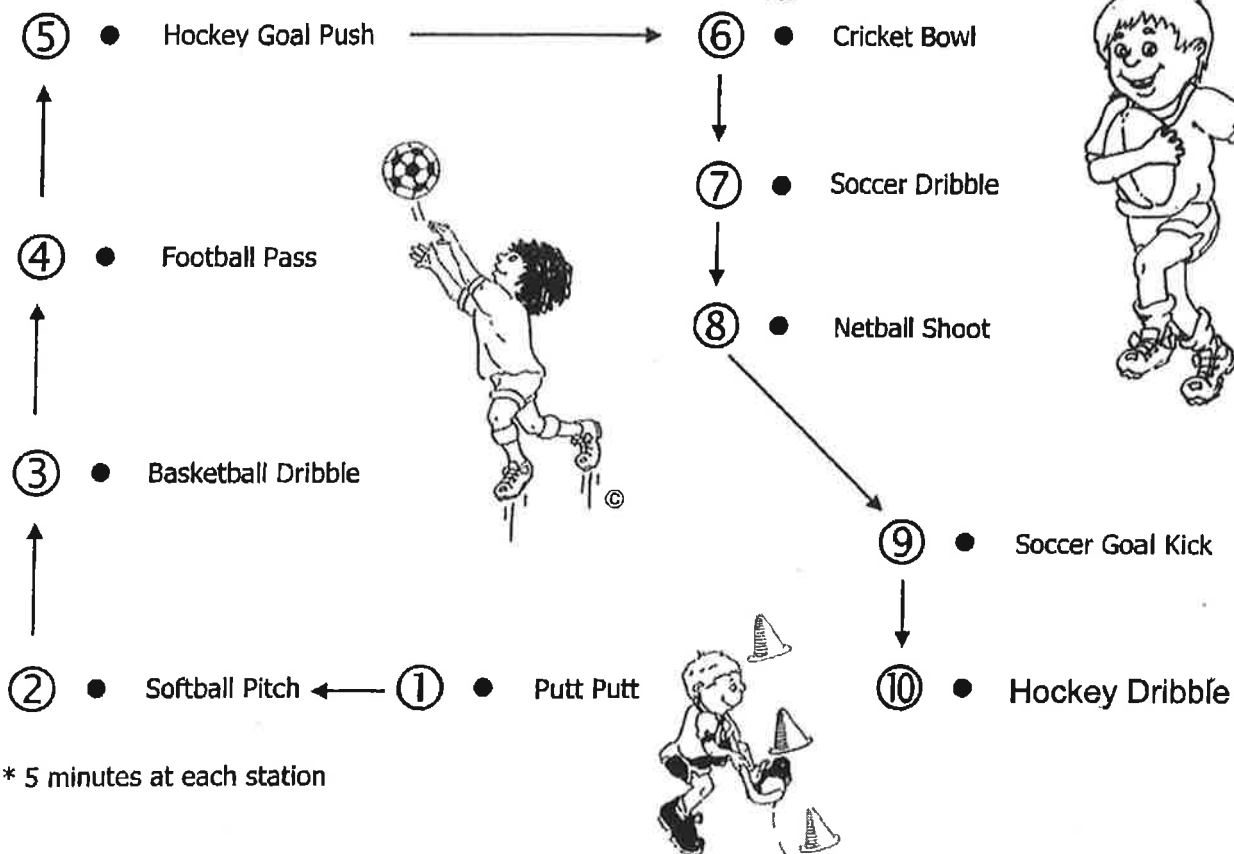
TEAMS OF 8

Team captain on each station to
score and organize team.

PRIMARY YEARS 3—6

MINI-OLYMPICS SET UP

Area: 40m x 20m, Basketball surface or grassed area.



* 5 minutes at each station

EQUIPMENT REQUIRED

Putt Putt

1 RH & LH putter
1 tin

Softball Pitch

1 target (hoop)
1 softball

Basketball Dribble

1 basketball
6 markers

Hockey Dribble

1 hockey stick
1 hockey ball

Football Pass

1 target (hoop)
1 football

Hockey (Goal Push)

1 hockey stick
2 goal markers or
mini goals

Cricket Bowl

1 set of cricket wickets
1 cricket ball

Soccer Dribble

1 soccer balls
6 markers

Netball Shoot

1 netball
1 netball goal

Soccer Goal Kick

1 soccer ball
1 soccer goal or
2 goal markers



SCHOOLS SPECIAL OLYMPICS PARTNERSHIP

MINI-OLYMPICS EVENTS

**Note: The team captain keeps tally of the score and passes them onto the event leader/co-ordinator.*

PUTT PUTT

- TASK** – Each team member putts into a container.
- SET-UP** – Starting point to the container should be 1.5 metres apart.
- SCORING** – Each putt that enters the container is counted as 1 point.

For better efficiency, have 1 student crouch behind the putting target. This position should be rotated. The putter should take up guard position after his/her putt.

SOFTBALL PITCH

- TASK** – Each team member pitches at a target (hand held hoop).
- SET-UP** – Pitching point to hand held target is 3 metres.
- SCORING** – Each pitch that goes through the hoop is counted as 1 point.

Suggest student to stand behind the target and return the softball to the next pitcher. This position should rotate regularly. Captain to take on this responsibility.



BASKETBALL DRIBBLE

- TASK** – Each team member dribbles zig zag around 5 markers, up and back.
- SET-UP** – Markers are set 1 metre apart. Starting position to 1st marker is 1.5 metres.
- SCORING** – 1 point is scored each time the participant dribbles up and back from starting position.

HOCKEY GOAL SHOOT

- TASK** – Each team member push shoots for goal.
- SET-UP** – 2 markers, 1 metre apart will act as goals. Distance from starting point to goals is 3 metres.
- SCORING** – Each goal scored is counted as 1 point.

For better efficiency and productivity, a student should stand behind the goal shooting area and return the ball to the next team member. This position should rotate.





CRICKET BOWL/THROW

- TASK** – Each team member bowls or throws (over arm or under arm) at a set of wickets.
- SET-UP** – 2 sets of wickets are set up 12 metres apart.
- SCORING** – Each wicket hit is a point scored for the team.

Suggest a wicket keeper behind the stumps. Then in turn, roll the ball back to the next bowler. Suggest this position rotates regularly. Captain to organize.

SOCCER DRIBBLE

- TASK** – Each team member dribbles zig zag around 5 markers, up and back.
- SET-UP** – Markers are set up at 1 metre intervals. Distance from starting position to 1st marker is 1.5 metres.
- SCORING** – 1 Point is scored each time the participant dribbles up and back from the starting position.



NETBALL SHOOT

- TASK** – Each team member throws for goal – normal netball goal height.
- SET-UP** – Normal netball goal, shooting from directly underneath the goal hoop.
- SCORING** – Each goal scored is counted as 1 point.

For better efficiency, the team should rotate a rebound person at the goals. Their job would be to pass back to the next goal shooter.

Suggest the goal shooter move to the rebound position and rotate so that every person participates as a goal shooter and rebound agent.

SOCCER GOAL SHOOT

- TASK** – Each team member shoots for goal.
- SET-UP** – 2 markers 1 metre apart will act as goals. Distance from starting point to goals is 3 metres.
- SCORING** – Each goal scored is counted as 1 point.

For better efficiency and productivity, a student should stand behind the goal shooting area and return the ball to the next kicker. This position should rotate.



JUNIOR PRIMARY

YEARS K – 2

8 ACTIVITIES

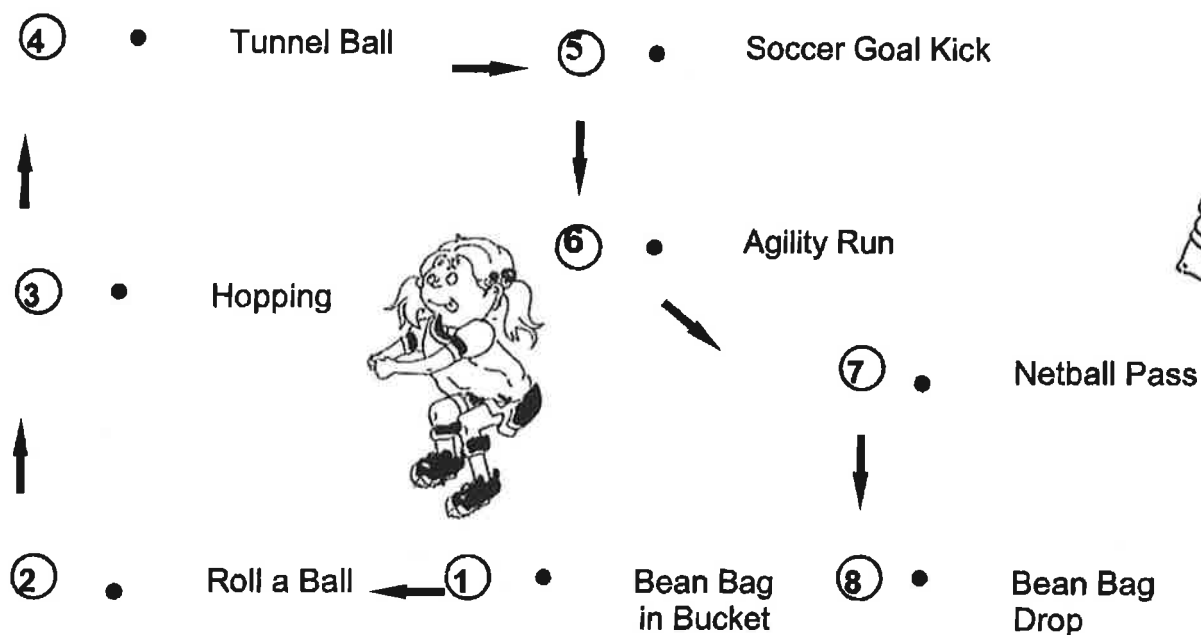
TEAMS OF 8

1 person on each station to score
and help with the activity.

JUNIOR PRIMARY YEARS K - 2

MINI-OLYMPICS SET-UP

Area: 40m x 20m, Basketball surface or grassed area.



EQUIPMENT REQUIRED

Bean Bag in bucket <ul style="list-style-type: none"> • Bean bags • Bucket • 2 markers (starting position) 	Tunnel ball <ul style="list-style-type: none"> • 2 markers (starting position) • Large ball (basketball) 	Netball pass <ul style="list-style-type: none"> • 8 markers (students position) • 1 netball
Roll a ball <ul style="list-style-type: none"> • 2 markers (goals) • 2 markers (starting position) 	Soccer goal kick <ul style="list-style-type: none"> • 2 markers (goals) • 2 markers (starting position) 	Bean bag drop <ul style="list-style-type: none"> • 5 hoops • 5 bean bags • 2 markers (starting position)
Hopping <ul style="list-style-type: none"> • 2 markers (starting position) • 1 marker-hopping 	Agility run <ul style="list-style-type: none"> • 5 markers • 2 markers (starting position) 	



SCHOOLS SPECIAL OLYMPICS PARTNERSHIP

MINI-OLYMPICS EVENTS

BEAN BAG IN BUCKET

- | | | |
|----------------|---|---|
| TASK | – | Participants throw a bean bag into a bucket. |
| SET-UP | – | Throwing position is 1.5 metres from the bucket. |
| SCORING | – | 1 point for each bean bag thrown into the bucket. |



ROLL A BALL

- | | | |
|----------------|---|--|
| TASK | – | Participants roll a large ball between two markers. |
| SET-UP | – | Rolling distance is 4 metres and the target is 1 metre wide. |
| SCORING | – | 1 point for each successful roll between the 2 markers. |

HOPPING

- | | | |
|----------------|---|---|
| TASK | – | Participants hop on their preferred leg from one marker to another. |
| SET-UP | – | Distance between the start and finishing markers is 5 metres. |
| SCORING | – | Each team member scores 1 point by hopping up and back |



TUNNEL BALL

- | | | |
|----------------|---|---|
| TASK | – | Each team member to tunnel the ball through the legs of his/her team and run to the back of the team. |
| SET-UP | – | Starting point set to start tunnel ball. |
| SCORING | – | Each team scores 1 point each time the person runs to the back. |



SOCCER GOAL KICK

- | | | |
|----------------|---|--|
| TASK | – | Participants shoot for goal. |
| SET-UP | – | Kicking distance is 2 metres and the goal is 1 metre wide. |
| SCORING | – | Each goal scored is worth 1 point. |

SCHOOLS SPECIAL OLYMPICS PARTNERSHIP



AGILITY RUN

- TASK** – Participants run in and out of 5 markers in a zig zag formation.
- SET-UP** – Markers are 1 metre apart and the starting position is 1.5 metres from the first marker.
- SCORING** – Each participant scores 1 point by running up and back through the agility run.

NETBALL PASS

- TASK** – Participants pass the netball to each other in a zig zag formation.
- SET-UP** – 8 markers in zig zag formation.
- SCORING** – Each team member scores 1 point by passing the ball up and back in the zig zag formation.

BEAN BAG DROP

- TASK** – Participants drop 5 bean bags into hoops, one at a time. Each alternate team member picks up the bean bags and places in storage hoop.
- SET-UP** – 5 hoops plus 1 hoop for storage.
- SCORING** – Each team member scores 1 point each time they place or replace the bean bags in the 5 hoops.



GO FOR GOLD SCORE CARD JUNIOR PRIMARY K – 2

ACTIVITY	TEAM 1	TEAM 2	TEAM 3	TEAM 4	TEAM 5	TEAM 6	TEAM 7	TEAM 8
1								
2								
3								
4								
5								
6								
7								
8								
TOTAL								

WINNER: _____

SCHOOLS SPECIAL OLYMPICS PARTNERSHIP



CO-ORDINATORS CORNER



SOME IDEAS

- Display posters advertising Special Mini Olympics.
- Write to an intellectually handicapped student. Invite to school assembly.
- Create a demo team to demonstrate to the whole school and parents.
- Show the Special Olympic DVD.
- Set up visual target of money raised.
- Display prizes available and finals competition.
- Incentives.
 - o First class
 - o Highest fund raising class
 - o Highest fundraising team.
- Contact school sponsors and/or contact supplier to supply prizes for the day.
- Encourage prefects/captain to help collect, collate and bank money.
- Encourage prefects to act as leaders and helpers with Junior Primary Students.





STEPS TO SUCCESS

- Choose your School Co-ordinator
 - Junior Primary K – 2
 - Primary 3 – 6
 - Co-ordinator to contact Special Olympics to set up in-service.
 - Set up demonstration teams – lunch time challenges to motivate students to compete.
 - School Co-ordinators talk to students regarding Special Olympics and place posters on strategic notice boards.
 - Letters sent home to parents – explaining the fundraiser and the benefits to the school.
 - Collect names of students who will be participating in the program.
 - Place students in teams – suggest house teams if appropriate.
 - Issue sponsorship forms.
 - Set up timetable for practice sessions.
- * *Remember 20% of the money raised for children with intellectual disabilities will be returned to the school.*

SCHOOLS SPECIAL OLYMPICS PARTNERSHIP



LETTER FOLLOWING THE EVENT

Dear Parents,

As a school, we have just completed our most successful Go For Gold Mini Olympic competition to raise money for intellectually handicapped children.

The students have performed enthusiastically during the Mini Olympics and have done wonderfully well in finding sponsors.

It is now important for us to collect all sponsorship money.

We would really appreciate your assistance in collecting all sponsorship money.

Once the money is returned to Special Olympics, they will be awarding students prizes and returning 20% rebate to our school.

Yours sincerely,



COLLECTION OF MONEY – LETTER 1

Dear Parent,

Just a short note to remind you that sponsorship money raised in our recent Mini Olympics is now overdue.

A great number of students through their great efforts are eligible for prizes.

These cannot be presented until the sponsorship money is returned to the school.

The amount pledged on your child's form is \$

We would appreciate it if you could return the money as soon as possible.

If there is any reason why this is not possible, please do not hesitate to contact me immediately.

Yours sincerely,

MEDIA RELEASE

Olympic Games fever is upon us again. Kids are no exception when it comes to the hype and interest in the Games.

Students will have the opportunity to put their skills into practice on (Date).

The Schools Mini Olympics competition will highlight a variety of skills and raise money for intellectually disabled children.

Students will ask family friends, neighbours and teacher to sponsor them for every point their team earns during the event.

Special Olympics Australia running the schools program is a national education and fundraising program designed to improve student's fitness and skills and become more aware of intellectually disabled students.

Special Olympics Australia also boasts our great Grand Slam tennis champion Lleyton Hewitt as the global patron for them.

- * *Many skills will be on display including Soccer, Hockey, Netball, Softball, Football and many students.*



SCHOOLS MINI-OLYMPICS

HOW TO USE THE MEDIA

NEWSPAPERS

They are keen to use all local interest material.

This is an excellent way of receiving positive coverage of your event.

- Target the person of the newspaper who deals with schools. Check on the deadline for articles.
- Contact that person before emailing or faxing your media release.
- Make arrangements for photo to be sent or taken.
- Media release should be typed with double spacing.
- Always send your media release at least 3 weeks before the event. Follow up a week prior to your event.



RADIO

Talk back chat shows can be a great way of promoting your event.

- Ring the local stations and talk to the producers of the particular programs you wish to target.
- Follow this up with a media release. If you are being interviewed by the radio personality, remember;
 - send them a copy of key focus questions
 - make a list of the main points you want to make.



**Join Me...
Be a Champion for
Special Olympics.**

Lleyton Hewitt
Grand Slam Champion



SCHOOLS SPECIAL OLYMPICS PARTNERSHIP

SCHOOLS SPECIAL OLYMPICS PARTNERSHIP

INVITE THE MEDIA

It is important to invite the Media to attend your Go For Gold Special Olympics.

- Always send a letter of invitation.
 - o Newspaper editor
 - o Local radio stations
 - o Local council letter (Editor)
- Make sure you have a contact for RSVP.

SAMPLE

Dear _____,

_____ School would like to take the opportunity to invite you or your representative to our Special Mini Olympics to support our students in raising money for children with Intellectual disabilities.

We will be holding the Mini Olympics at school on August _____ at _____.

Please call (name) on (Phone) if you will be attending.

If any further information required, please do not hesitate to contact (name) immediately.

NAME
(position)





GO FOR GOLD MINI-OLYMPICS

SPONSORSHIP FORM



Name: _____

School: _____ Year Level: _____

Sponsor	Amount Pledged	Collected Amount

SCHOOLS SPECIAL OLYMPICS PARTNERSHIP

SCHOOLS SPECIAL OLYMPICS PARTNERSHIP

LETTER TO PARENTS



Dear Parent,

GO FOR GOLD – SPECIAL OLYMPICS

Olympic Games fever is upon us again. Kids are no exception when it comes to interest in the games.

In conjunction with our P.E. program, our school has registered for the Go For Gold Schools Mini Olympics Program.

The Go For Gold program helps raise money and awareness of children with intellectual disabilities.

Your child will have the chance to find sponsors for the Mini Olympics event, which will be held in August.

Many of the skills required for the Mini Olympics have been taught in our P.E. classes and it is an excellent way for students to enhance their skills and keep fit.

Twenty per cent of the money raised will be returned to our school.

We look forward to your child supporting Special Olympics Australia in this very worthwhile program.

Global ambassador, Lleyton Hewitt, is excited about the schools program and is looking forward to the children joining him in being a champion for Special Olympics.

School Co-ordinator.

GO FOR GOLD SCORECARD PRIMARY 3 – 6

ACTIVITY	TEAM 1	TEAM 2	TEAM 3	TEAM 4	TEAM 5	TEAM 6	TEAM 7	TEAM 8
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
TOTAL								

WINNER: _____

GO FOR GOLD SCORE CARD JUNIOR PRIMARY K – 2

ACTIVITY	TEAM 1	TEAM 2	TEAM 3	TEAM 4	TEAM 5	TEAM 6	TEAM 7	TEAM 8
1								
2								
3								
4								
5								
6								
7								
8								
TOTAL								

WINNER: _____