

Motor Activity Training Program

Special Olympics
Ireland



About MATP: The Motor Activities Training Programme (MATP) is focused on the development of fundamental motor skills and is designed for athletes who have not yet gained the necessary skills for participation in structured sports training. The programme provides a comprehensive motor activity and recreational training curriculum for these participants

Established: MATP has been offered in Special Olympics Ireland in a number of formats since the programme began. It was first offered at the World Summer games in Dublin in 2003.

Rules of Special Olympics MATP: Motor Activity Training Programs are non-competitive programs and each activity is offered in 3 levels. Once an athlete can complete the skill at their chosen level they are awarded a challenge award. The levels offered are:

1. Independent 2. Verbal Assistance 3. Verbal and Physical Assistance

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By The Numbers

In 2019, 325 Special Olympics Ireland participants took part in Motor Activity Training Programs

Sample Lesson Plan for Groups:

Warm-Up Activities – General awareness activities, relaxation activities and stretching

Skill Stations – Activities that develop basic motor skills of mobility, dexterity, striking, and kicking

Conclusion – Conduct range of motion/stretching and relaxation activities to cool down

Events:

While Special Olympics Ireland clubs may offer a range of events as part of their training programme however Special Olympics Ireland has developed a range of events which are the official events offered at events and games.

www.specialolympics.ie