



Special Olympics
Eastern Region

Club Resource Pack





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Introduction

The *Virtual Club Resource Pack* has been created by the Regional Office as a tool for clubs to help improve club engagement with both athletes and volunteers.

As a result of restrictions since the beginning of Covid-19, a large number of athletes have not yet been able to resume training with their clubs, meaning many of our athletes have been missing out on regular physical activity, as well as the social interaction and fun that training with their clubs usually provides.

The *Virtual Club Resource Pack* aims to fill this gap for our athletes and volunteers alike. The pack provides each club with a number of various resources including; *Home Workouts, Home Sports Challenges, Zoom Quizzes and Tea/Coffee Topic Discussions*.

The Home Workouts and Sports Challenges can be completed by the athletes in their own time, with the athletes reporting back on their progress to the Coaches/Volunteers in the club. Clubs may also choose to host a Zoom call with coaches, volunteers and athletes coming together, perhaps meeting virtually once per week or once every two weeks, for a virtual get-together in the form of a Zoom Quiz or perhaps for a quick cup of coffee/tea/cake and chats to engage with and discuss certain fun topics over a call.

This gives everyone chance to come together and meet again, albeit virtually, providing both the athletes and your volunteers with that social interaction that many of us have been missing since the beginning of lockdown.

New resource packs will be sent out every 2-3 weeks from the Regional Office with fresh topics, quizzes, sports challenges and workout ideas to help keep your athletes and volunteers engaged while we continue to navigate the current restrictions.



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Basket Sock Throw Challenge

Equipment needed



8 Pairs of
Rolled Up
Socks



Measuring Tape



Laundry Basket
or similar style
basket/container



Cone/Marker

How to perform the challenge?

1. Place an empty laundry basket or a similar style container in a clear open space and open the lid. Make sure there is nothing valuable nearby that you could knock with your sock throws.
2. Roll up 8 pairs of socks together.
3. Using your measuring tape, place your cone/marker 10 feet away from the basket. If you don't have a measuring tape, step out 10-12 paces away from the basket.
4. Aim to throw each pair of socks into the laundry basket from the marker. Remember, don't step past the marker or that throw won't count!
5. See how many pairs of socks you can get into the basket out of your 8 attempts.
6. You score *3 bonus points* if you can score *3 baskets in a row*.
7. Select your best score from your 3 attempts.



Basket Sock Throw Challenge

Scoreboard Example

	1	2	3	4	5	6	7	8	Regular Points (+1)	Bonus Points (+3)	Total Score
1.	✓	✗	✓	✓	✓	✓	✗	✗	5	1	8
2.	✓	✓	✗	✗	✗	✗	✓	✓	4	0	4
3.	✓	✓	✓	✗	✓	✓	✓	✗	6	2	12

My Scorecard:

Name: _____

[illegible]



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General Knowledge Zoom Quiz

We have created a General Knowledge Quiz with 3 rounds for your club to enjoy on Zoom.

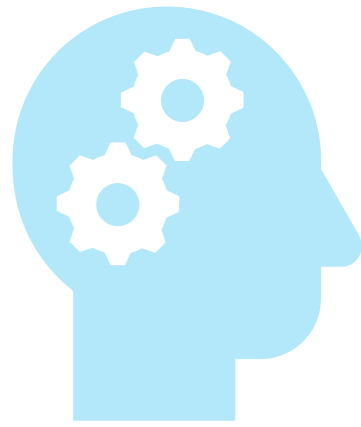
Each question has an A or B answer.

Participants will need 2 pieces of paper and marker/pen.

On page 1 draw an A.

On page 2 draw a B.

Participants must hold up what they think the right answer is (A or B)



Round 1

1. Is sea water salty? A. **True** B. False
2. Which fairy-tale princess had really really long hair?
A. **Rapunzel** B. Sleeping Beauty
3. What is the yellow of an egg called? A. **Yoke**
B. White
4. What is the capital of England? A. **London**
B. Liverpool
5. How many rings in the Olympics logo? A. **5** B. 7
6. Simba and Nala are characters in which Disney movie? A. **The Lion King** B. Finding Nemo
7. What colour is the M on the McDonalds sign?
A. **Yellow** B. White
8. How many legs does a spider have? A. 6 B. **8**
9. If you freeze water, what do you get? A. **Ice**
B. steam
10. Where does the President of the United States live?
A. **The White House** B. The Green House



Round 2

1. What do Caterpillars turn into? A. Spiders
B. **Butterflies**
2. What do bees make? A. **Honey** B. Milk
3. What kind of cat is considered bad luck? A. a white cat or B. **a black cat**
4. What colour are Smurfs? A. **Blue** B. green
5. How many sides does a triangle have? A. 2 B. **3**
6. How many colours are in a rainbow? A. **7** B. 9
7. Who is the patron saint of Ireland? A. **St Patrick**
B. St Peter
8. What do you have to stick on an envelope before sending it? A. a sticker or B. **a stamp**
9. In what country would you find a koala and a kangaroo? A. **Australia** B. New Zealand
10. Which animal is the tallest animal in the world?
A. **Giraffe** B. Elephant



Round 3

1. What fruit is the most consumed in the world? A. Apples B. **Bananas**
2. How many strings does a violin have? A. **4** B. 5
3. What is the name of the organ that pumps blood around the body? A. Brain B. **Heart**
4. What is a baby cat called? A. **Kitten** B. Puppy
5. What colour are emeralds? A. **Green** B. Blue
6. How many years are there in a millennium? A. 100 B. **1000**
7. Can an ostrich fly? A. Yes B. **No**
8. What is the name of the main fairy in "Peter Pan"? A. Cinderella B. **Tinkerbell**
9. What sort of animal is the video game character Sonic? A. **Hedgehog** B. Fox
10. The Irish flag is green, white and orange? A. **True** B. False



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Wordsearch

F S G E N O J N X G G K E W Z
O I S Q E D T O G Y N C N M Z
O N X U P S H T M K C I H Y L
T N H E Q Y C N A O X J I L K
B E M S T R A I B Q K H A K N
A T A T H S D M T A U B C P S
L I T R T J L D Y E R V C R T
L J P I I W A A K O L D Y M C
W M C A W A K B O Q S H C M G
A S C N G I L L W M J D T O G
N E Z P N O F T A B L E W A K
V N A G H F L S W I M M I N G
G N I L W O B F Q C I R L G J
L L A B T E K S A B G Y I N V
M F S W S Q L H C B Q L J D Z

Athletics

Badminton

Basketball

Bocce

Bowling

Equestrian

Floorball

Football

Golf

Gymnastics

Swimming

MATP

Skiing

Kayaking



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Virtual Tea & Chats

Why not host a Tea & Chats Session for your club over Zoom!

This is a great way for the club to check in with each other and have a catch up.

You can have a theme each week for people to talk about or it can be as simple as a 'How are you?'

Here are some ideas:

1. Everyone bring a random fact to the chat!
2. What is everyone's hidden talent?
3. What is the perfect cup of tea?
4. Would you rather eat cat food or dog food?
5. Would you rather drink tea for the rest of your life or coffee?



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Workout with Chloe ●

Grab your runners, a bottle of water and loads of space and join Chloe in a workout!

Start your workout now with Chloe

<https://www.youtube.com/watch?v=0XbgMXOKErk&feature=youtu.be>

