



# Motor Activities Training Programme (MATP)

**Objective:** To demonstrate the fundamental motor skills developed through participation in the MATP programme.

**Equipment:** Varies depending on the events athletes enter. If you do not possess the exact equipment listed on the event card, please substitute for a similar item available to you.

**Process:** Follow the individual event card in the MATP Manual located on [SOI Website](#) to successfully complete each event.

Athletes must complete their event at their chosen level while a family member or guardian records them.

**Recording:** Videos should be recorded at an angle where the entire action can be seen clearly and should include the athlete and the support person only.

## Rules:

- Athletes can take as many attempts to complete their event as required.
- There is no time limit on an athlete completing their event.
- Athletes must complete the event at the level submitted with their entry.
  - Level 1 - Physical / Verbal / Visual Prompts
  - Level 2 - Verbal Prompts
  - Level 3 - Independent

## Submission:

- Please ensure you save all video's with the athletes ID number, event and level (i.e. **1432541ballpushlevel3**).
- One video per athlete per event should be submitted via WeTransfer to [shaun.hennessy@specialolympics.ie](mailto:shaun.hennessy@specialolympics.ie)