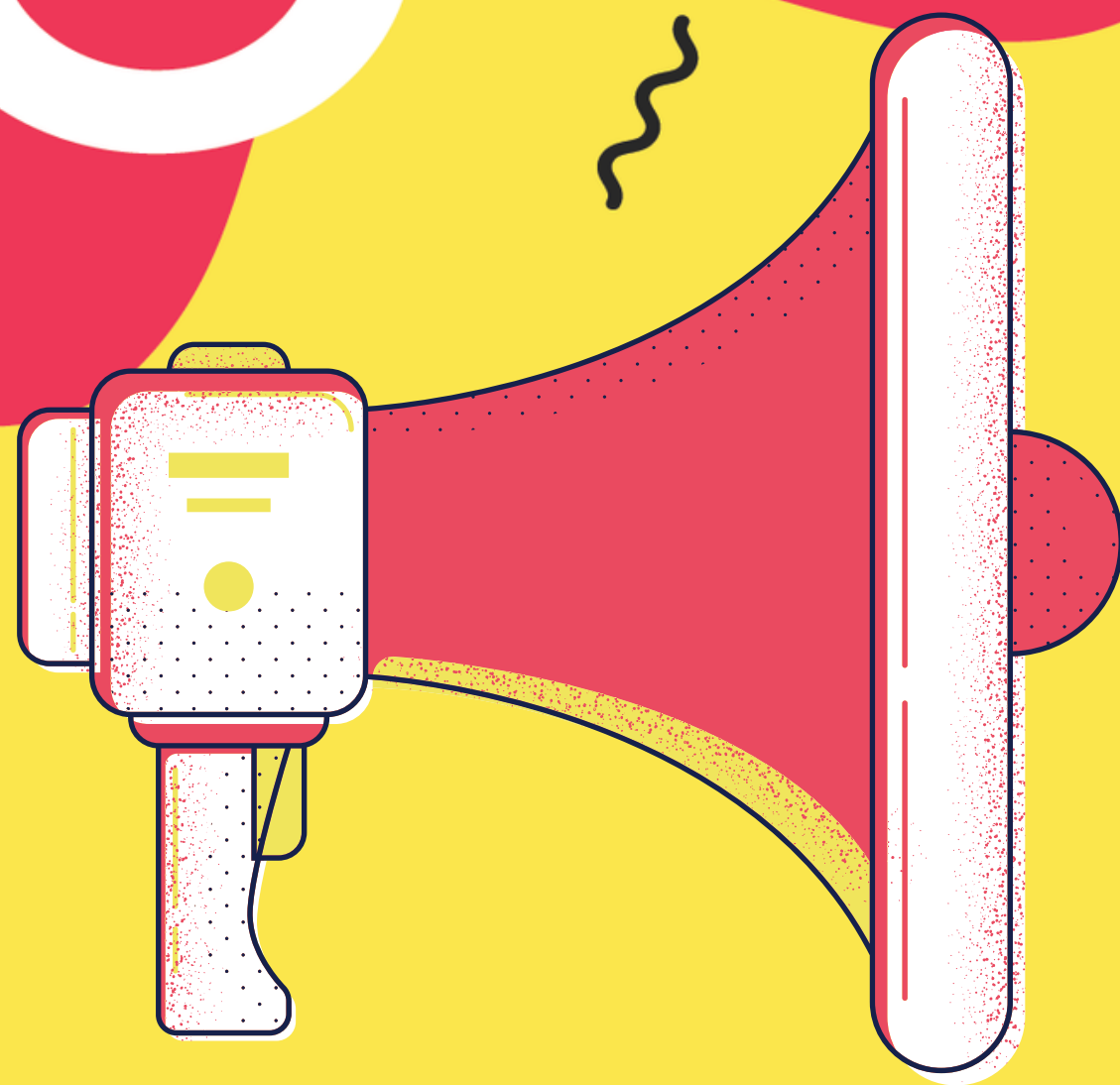


We are taking
part in
Friendship
February in
aid of Special
Olympics
Ireland

Lets learn a little
more about
Special
Olympics
Ireland





**Special Olympics is
a sports training and
competition programme for
children and adults with an
intellectual disability.**

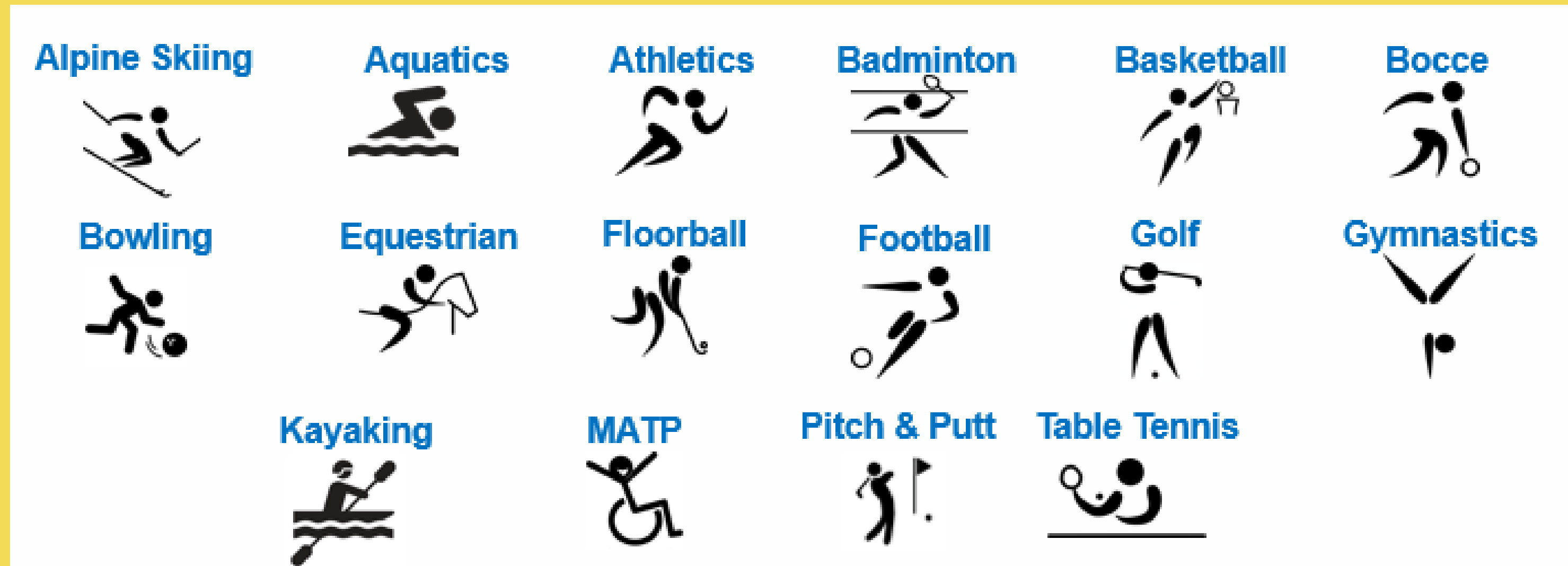
**CAN YOU GUESS
HOW MANY
DIFFERENT SPORTS
WE PLAY AT
SPECIAL
OLYMPICS?**



16 Sports



**CAN YOU GUESS THE NAMES OF THE SOME OF THE SPORTS
SPECIAL OLYMPIC ATHLETES PLAY FROM
THE PICTURES?**



How many did you guess right?

MATP was a hard one to guess because you might not have heard of it before.
The 4 letters stand for **Motor Activities Training Programme (MATP)** and it is about developing movement skills, such as, walking, picking up/putting down objects or pushing/kicking a ball.

You might have time to watch a little video to explain **MATP** by clicking [here](#)



All of our athletes enjoy training at their local clubs each week and taking part in competitions and leagues. Some athletes will represent their club at regional competitions, be selected for the All Ireland games or maybe someday represent Ireland in the World Summer games. Although competition is important taking part in the sports that athletes love, staying fit and healthy and making new friends is the most important thing in any athletes life.

**Sports training
and competition
are very
important but
here are a few
other things
that an athlete
might do in
Special Olympics
Ireland**

Special Olympics Athletes from 4 to 12 might not be ready to join a club yet so they have lots of fun learning and playing together at Young Athlete clubs around the country.





Some Special Olympics Athletes join the Athlete leadership programme to become Athlete leaders. Athlete leaders are brave and strong. They get lots of training to build their confidence and self-esteem so that they can tell others about the benefits of taking part in the Special Olympics and encourage others to join.

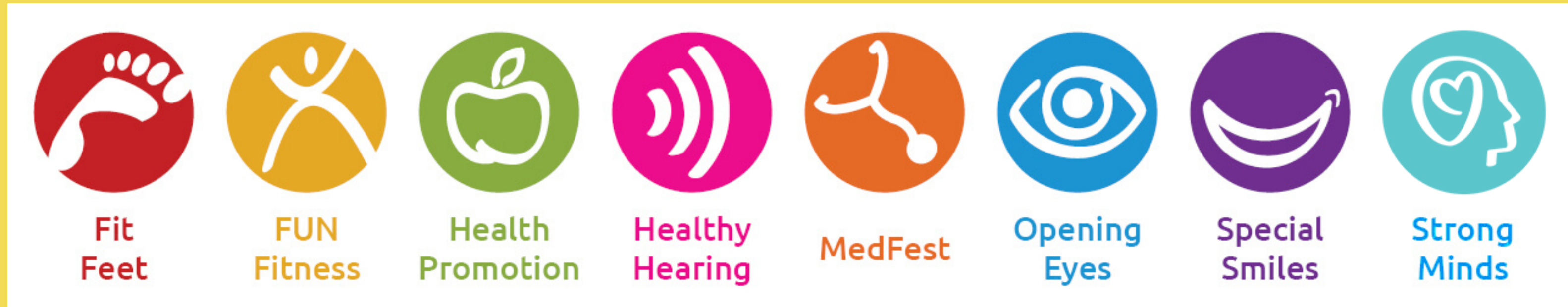
Athletes can learn how to mind their physical and mental health through the Healthy Athlete Programme. We all know how important our health is and it is so important that our athletes keep healthy so they continue to play the sports they love.

Special
Olympics
**Healthy
Athletes®**



Can you guess from the symbols in the coloured circles what aspects of health our athletes focus on through the healthy athlete programme?





How many symbols did you guess right?
Discuss with your class ways that you keep your
mind and body strong?



SOME MORE VIDEOS YOU MIGHT LIKE TO WATCH ABOUT SPECIAL OLYMPICS IRELAND



[Team Ireland Depart for World Summer Games 2019 Abu Dhabi](#)

[Team Ireland Special Olympics Homecoming](#)

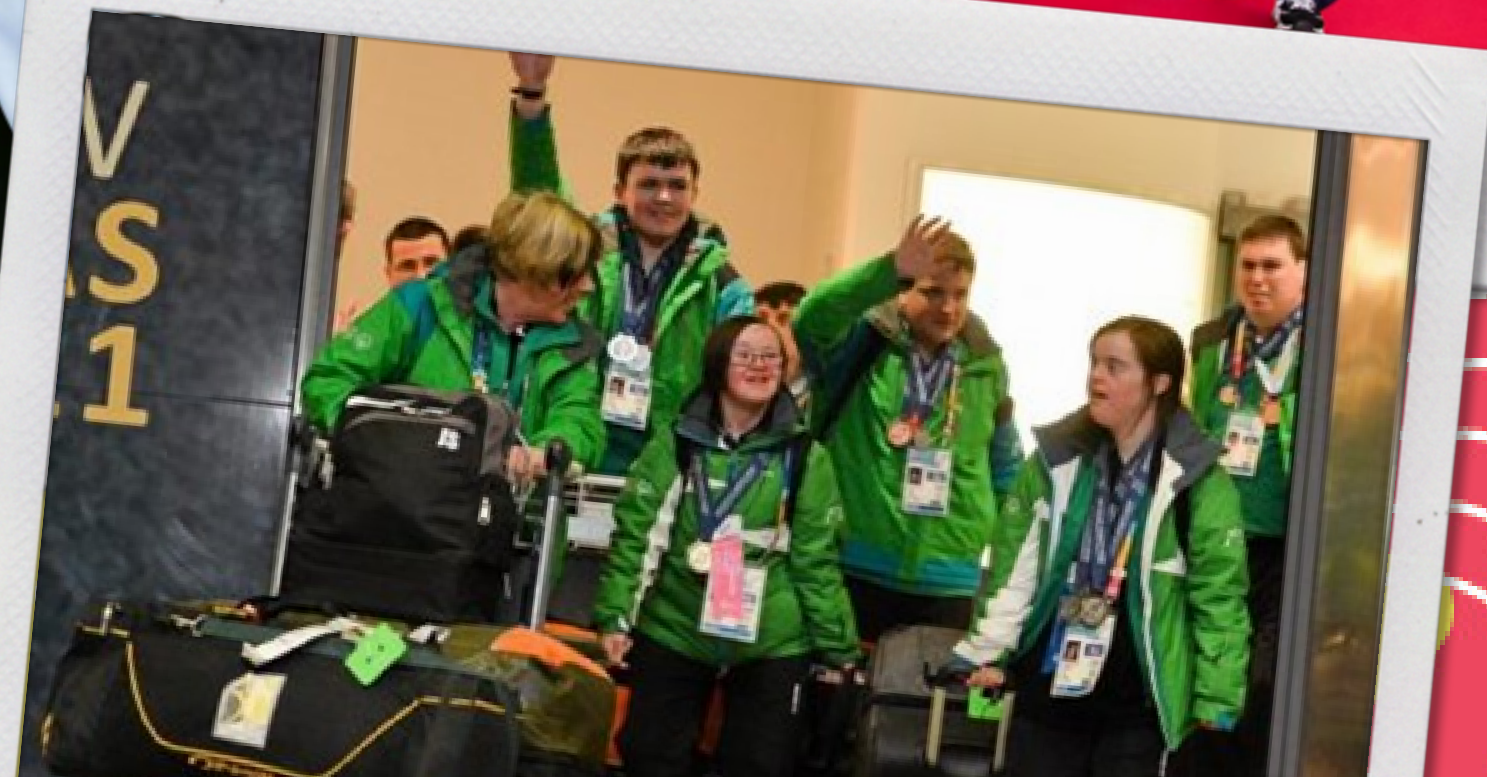
[Special Olympics World Summer Games Abu Dhabi](#)

[Special Olympics Ireland celebrates Women In Sport](#)

[Special Olympics Ireland Young Athletes Programme](#)



Special Olympics Athletes make lots of great friends when training, attending competitions and taking part in Special Olympics Programmes. Can you discuss with your teacher what being a kind and good friend means?





**We hope you enjoyed learning a little
about Special Olympics Ireland today.
We know you will all do a great job being
kind for your friendship week.
The very best of luck :)**