



## ***FITNESS, HEALTH & PHYSICAL EDUCATION RESOURCES***

### **Fitness**

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- [Fit 5 Resources Series](#)
  - o Fit 5 Guide: Educational guide and tracker for athletes to focus on fitness.
  - o Fitness Cards: A series of leveled exercises in endurance, strength, and flexibility. These cards can be done at home and with little equipment.
  - o Fitness Videos: Videos portraying the exercises in the fitness cards. Athletes can follow along with the videos to get a great workout!
- [Staying Fit at Home](#): simple week-long calendar that athletes can follow to stay fit. Week-long calendar can be repeated as needed. Athletes can sign up on the link in the resource to receive newsletter with content from Health Messengers to for tips and ideas on how to stay active.
- [Staying Fit at Home BINGO](#)
- [School of Strength](#): Launched in March 2020 across the Special Olympics movement, School of Strength is an interactive online platform that encourages athletes to participate in a fun and engaging training program that they can do in the comfort of their own homes. Developed in partnership with WWE superstar Becky Lynch, this series of videos, a fitness tracker, a coach's playbook and a caregiver toolkit all contribute to helping athletes focus on nutrition and fitness and getting the most out of their workouts.
- [Strong Minds](#)

### **Special Olympics Partner Resources**

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- [Hip Hop Public Health](#)
  - Our Mission: To foster positive health behavior change through the transformative power of hip-hop music.
  - Our Vision: Youth around the globe are empowered with the knowledge and skills to make healthier choices, reducing preventable health conditions and the rising tide of childhood obesity.
  - o [Hip Hop Public Health Resources](#)
  - o [Hip Hop Public Health HYPE at Home](#)
- [Build Our Kids Success \(BOKS\)](#) is a physical activity program designed to reverse this public health crisis by getting kids active and establishing a lifelong commitment to health and fitness. Built on the science and research documented in the book, *Spark: The Revolutionary New Science of Exercise and the Brain*, BOKS provides free physical activity curriculum, training and support to communities looking to establish and maintain impactful fitness and nutrition programs serving the whole child. Having grown from a single elementary school to a global initiative, BOKS is scalable, and its impact is supported by scientific research. BOKS envisions a world in which movement is a foundational part of every child's day.
  - [BOKS at Home](#)
  - [BOKS YouTube](#)

## ***Unified Physical Education Resource***

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• [Special Olympics Maryland Unified PE Google folder](#)

• **Unified Physical Education at SHAPE Maryland Convention (11/14/20) - recording available [HERE](#).**

• **Unified Fitness Challenge**

◦ **Unified Fitness Challenge Guide/Handbook- COMING SOON!**

### ***Contacts***

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#### **INTEREST/TOPICS**

#### **CONTACT**

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