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Olympics***  
*Maryland*



Special Olympics  
**Unified Champion  
Schools**

# Move Challenge

**School Staff Resource Guide**

# What is the Maryland MOVE Challenge?

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Schools are invited to participate in the **SOMD Maryland Move Challenge**, a 6- week movement challenge that measures minutes of exercise and intentional physical activity.

Using a state-wide leaderboard, students can track their progress against other teams throughout schools in Maryland!

Participants have the opportunity to earn great incentives for them and their schools!



# Who can participate?

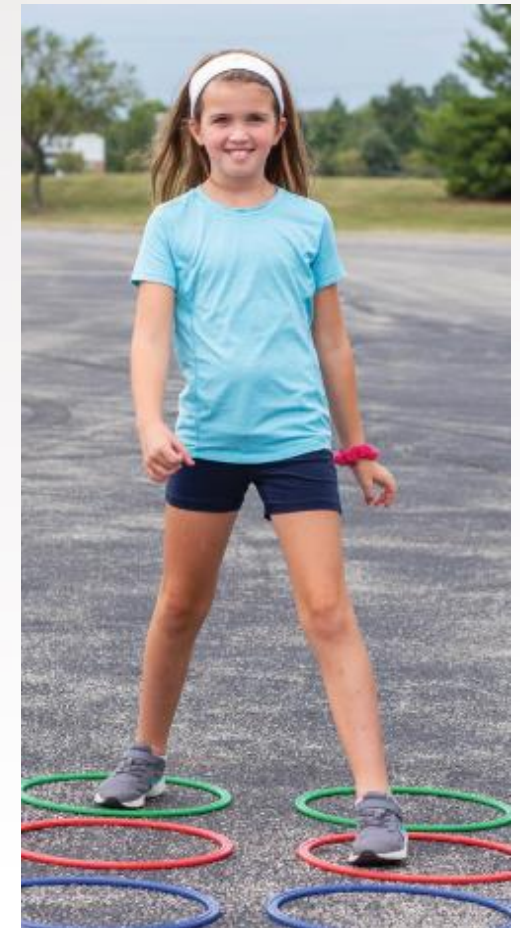
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All students and faculty are welcome and encouraged to be part of a Move Challenge Team at their school!

The Maryland MOVE Challenge is appropriate for all ages, grade levels, and abilities. Because we are measuring minutes of activity rather than miles or steps, students of all abilities can find success participating in the activities they enjoy!



# Competition Teams & Leaderboards



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## Competition Teams

- Teams of 2-10 participants

## Leaderboards

- Special Olympics Maryland UCS Move Leaderboard



*\*Team scoring will be done using the average time of team members.*

# Team Activity

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*Because this is a team activity, do students have to complete physical activity together?*

Students on the same team can complete activity together (safely in-person or virtually) or separately.



We encourage teachers to consider how you can foster a sense of team between team members in a **fun** and **safe** way:

- Form teams of students in the same Physical Education class (PE counts as Intentional Physical Activity)
- Hold after school workouts (safely in-person or virtually) for students.
- Encourage attendance at Special Olympics Maryland's Virtual MOVEMENT Activities.
- Form teams using existing Unified<sup>®</sup> Sports Teams.
- Encourage students to send emails and texts of encouragement..
- Recognize teams and their accomplishments during Morning Announcements, on School Social Media, and Newsletters.

# Why should you MOVE?

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- Physical activity and exercise is one of the best ways to improve an individual's overall health and wellness.
- Exercise can best be defined as planned, structured, and intentional movement intended to improve one's physical fitness. Exercise will also help improve cardiorespiratory fitness, muscular strength, muscular endurance, flexibility, and body composition.
- Students who are physically active tend to have better grades, school attendance, cognitive performance and classroom behavior.

# Intentional Physical Activity

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Intentional physical activity is anything that gets the student moving!

Intentional physical activity can include (but not limited to):

- Special Olympics Maryland Virtual MOVEment Activities
- PE Class and Fitness Classes
- Playing Sports (organized or unorganized) including sports practice
- Playing outside
- Hiking/Rock Climbing
- Kayaking
- Stand up paddle boarding
- Skiing
- Snowshoeing
- Dancing
- Going for a walk/run/walking the dog
- Swimming
- Yoga
- Zumba
- Gardening
- Jump roping
- Kick Boxing
- ...and so much more!

## What doesn't Count?

- General movement throughout the day.
  - Walking between classes
  - Walking to the fridge for a snack
  - Walking around the grocery store

**All physical activity minutes are counted equally regardless of how strenuous or intense it is.**

# Activity Tracking

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- Students will track their minutes of physical activity each week, Monday-Sunday.
- It is highly encouraged that students use a daily activity log (a template will be provided) to accurately track physical activity.
- Team captains will need the following information for data entry:
  - Team Names
  - Minutes of daily activity for each day for each team member
- Team activity minutes from the previous week is entered by Wednesday.

Week	Dates	Entry By
1	11/1 – 11/7	11/10
2	11/8 – 11/14	11/17
3	11/15 – 11/21	11/24
4	11/22 – 11/28	12/1
5	11/29 – 12/5	12/8
6	12/6 – 12/12	12/15



# Activity Log Template

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## Maryland MOVE Challenge Activity Tracker

School Name: \_\_\_\_\_

Team Name: \_\_\_\_\_

### STEP 1: CHOOSE HOW YOU'LL MOVE!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
<b>Week 1:</b>	November 1	November 2	November 3	November 4	November 5	November 6	November 7	Weekly Total
Nov 1- Nov 7	_____min.	_____min.	_____min.	_____min.	_____min.	_____min.	_____min.	_____min.
								<b>SEND TOTAL TO COACH</b>
<b>Week 2:</b>	November 8	November 9	November 10	November 11	November 12	November 13	November 14	Weekly Total
Nov 8 – Nov 14	_____min.	_____min.	_____min.	_____min.	_____min.	_____min.	_____min.	_____min.
								<b>SEND TOTAL TO COACH</b>
<b>Week 3:</b>	November 15	November 16	November 17	November 18	November 19	November 20	November 21	Weekly Total
Nov 15 – Nov 21	_____min.	_____min.	_____min.	_____min.	_____min.	_____min.	_____min.	_____min.
								<b>SEND TOTAL TO COACH</b>
<b>Week 4:</b>	November 22	November 23	November 24	November 25	November 26	November 27	November 28	Weekly Total
Nov 22 – Nov 28	_____min.	_____min.	_____min.	_____min.	_____min.	_____min.	_____min.	_____min.
								<b>SEND TOTAL TO COACH</b>

### STEP 2: WRITE THE NUMBER OF MINUTES YOU MOVED EACH DAY ON THE CALENDAR.

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# Team Captain

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**Every participating school must identify a faculty/staff Team Captain.**

Team Captains can coordinate multiple teams per school

## Responsibilities:

- Serve as Special Olympics Maryland's main point of contact with students
- Organize students into teams.
- Register team and team members with Special Olympics Maryland.
- Collect and report weekly activity progress online for each team.
- Check in with team members throughout the competition to ensure accurate reporting of physical activity.



# Important Dates

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<b>Monday Oct 4<sup>th</sup> – Thursday Oct 28<sup>th</sup></b>	Form and register teams
<b>Thursday Oct 28<sup>th</sup></b>	Last day to register teams
<b>Monday November 1<sup>st</sup></b>	First day of competition
<b>Sunday December 12<sup>th</sup></b>	Last day of competition
<b>Monday December 20<sup>th</sup></b>	Official leaderboard winners announced



# How to Register a Team

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Visit

<https://www.surveymonkey.com/r/MDMOVEFall21>

Information that you'll need:

- School Name
- Participant names

*\*It is important to note that once a team is registered, you cannot make edits to the team*

# Unified Fitness Kits

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Fitness Kits include: -Bucket Bag with Unified Champion Schools Logo, 1 Adjustable Jump Rope, 1 Ball, 1 Medium Resistance Band, 1 Hoop Agility Ladder with 10 Hoops and clips, 5 Cones

*\*Schools can determine if they want to give equipment to students to use during the challenge or keep for as equipment future Unified Sports, Fitness and Physical Education.*



# Resources for Students

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Looking for more ways for your students to engage in intentional physical activity?



## Special Olympics School of Strength with the WWE

Pre-recorded workouts with WWE Superstars

<https://www.specialolympics.org/school-of-strength>



Hip Hop Health's mission is to deliver positive health behavior change through the transformative power of music, art and science. They have various [free resources](#) that you can use to mix up your exercises and get [H.Y.P.E at Home!](#)



## Special Olympics Fit5 Fitness Cards

Simple, no-equipment exercises needing little space for all abilities.

<https://media.specialolympics.org/resources/sports-essentials/fit-5/Fitness-Cards-Level-All-Levels.pdf>

# Last Reminders

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**Be Intentional!** How you get your movement minutes is up to you, but only count minutes where you are intentionally moving for exercise!

**Be Honest!** Please provide an honest and accurate account when recording your results.

**Be Safe!** As you are being active, make sure you follow local COVID-19 protocols and Special Olympics protocols when exercising both inside and outside if around other people. This includes wearing masks and making sure you are exercising where you can be safe from traffic.

**Be Social!** As you complete activities, please post pictures on social media. Use the hashtag #MOVESOMD.

**Be Encouraging!** As people post their activities, pictures, and progress, encourage your fellow challenge members.

**Be Brave in the Attempt!** Challenge yourself!

# Contact:

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Please contact the Special Olympics  
Maryland Healthy Athletes with  
questions:

[healthyathletes@somd.org](mailto:healthyathletes@somd.org)

