



Maryland MOVE Challenge

For more information, email healthyathletes@somd.org



Special Olympics
Unified Champion
Schools

WHAT: A 4-week challenge encouraging faculty and students of all abilities tracking minutes of exercise and intentional physical activity. By participating, students will compete against other teams from different schools throughout the state of Maryland.

WHEN: The Maryland MOVE Challenge will run from Monday May 2nd - Sunday May 29th, 2022. Registration opens April 4th and closes April 29th, 2022.

WHO: Schools are encouraged to form Unified teams (2-10 people). Teams do not have to move together; participants can log their time separately and the times will be added together at the end of each week.

HOW:

Step 1 – Register the Team

Team Leader/Coach – Visit this Survey Monkey [LINK](#) to register!

Information that you'll need: School Information, Team Name, Student participants' names, birthdays, disability information where applicable, Team Leader/Coach's Information: Name, email, phone.

Step 2 - After registering, participants and/or team leaders/coaches keep track of how many minutes they exercise (Monday-Sunday). Team captains will report the teams TOTAL minutes via survey monkey, allowing teams to track their progress against other teams and earning coveted spots on the state leaderboards.

<https://www.surveymonkey.com/r/SOMDWeeklyMOVE22>

National Physical Fitness and Sports Month:

This May, we're celebrating National Physical Fitness & Sports Month with Special Olympics Maryland. Through Unified Fitness and Sports programs, we have seen the power sports have to create interactive communities of inclusion for ALL! Let's celebrate the ways physical activity helps us grow as students, friends, and people.

Mental Health Awareness Month:

May is also Mental Health Awareness Month! Taking care of your mental health is just as important as taking care of your physical health. Did you know that exercise and daily physical activity can help improve your mental health by reducing anxiety, depression, and negative moods and can help increase your self-esteem? So let's take care of our mental health together and let's MOVE!

Other Resources for Students:

SPECIAL OLYMPICS MARYLAND Virtual MOVEMENT

Weekly virtual fitness classes and recordings

www.virtualsomd.com



INSTRUCTIONAL VIDEOS –



[Unified Fitness Kit Cards](#)

NEW



[Fit 5 Guide](#)



[School of Strength](#)



WWE Superstar Drew McIntyre takes you through 10 exercises from the [Unified Fitness Kit Cards](#) that will help improve endurance, strength, and agility.

Good for a full body workout using a variety of equipment that can get you moving. Moderate Intensity All Ability Levels 15-30 minutes.

SPECIAL OLYMPICS PARTNER RESOURCES –

[Hip Hop Public Health](#)

- HHPH 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.

[Hip Hop Public Health Resources](#)

[Hip Hop Public Health HYPE at Home](#)

[Build Our Kids Success \(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.
- BOKS envisions a world in which movement is a foundational part of every child's day.

[BOKS at Home](#)

[BOKS YouTube](#)

[SHAPE America](#)

The health. moves. minds.® program provides schools with free lessons, activities, and community-building ideas that help students thrive physically and emotionally. Students learn that taking care of their mind and body, while also being kind, will help them live their best life.

