

# UNIFIED SPORTS

Allows students with and without intellectual disabilities the opportunity to participate in sporting activities alongside one another.



As opposed to Unified Sports competitions, Unified Sports events that are greatly focused on Unified Recreation and do not require participants to meet the training requirements typically seen with true Unified Sports programs. These events are focused on raising awareness for Special Olympics and the Unified Champion School model.

Youth leaders engaged through the Unified Champion School model can take the lead in planning and executing these events, and the opportunities are endless!

Here are a few ideas that schools have come up with in the past:

1. Unified basketball team scrimmages against a faculty team during lunch periods, in front of entire student body! (this has been done as a fundraiser to support Unified initiatives in some schools)
2. Unified sports teams are introduced at half time of the varsity sports games and run a few drills in front of the crowd
3. Special Olympics cheerleading squad is invited to cheer alongside the JV or Varsity squad at a pep rally, basketball or football game.
4. Varsity tennis team partners up with the Special Olympics tennis players to host clinic or play one-day unified tournament together.
5. Unified bowling/bocce teams invite another student group to join them for a recreational day/tournament (i.e. student council, football team, teacher cadets)
6. Middle or High School hosts Young Athletes event.