

# Young Athletes Program

Special  
Olympics  
Northern California



SCHOOLS  
PARTNERSHIP  
PROGRAM



The Young Athletes Program is a program designed for children ages 2-7 (PreK-3<sup>rd</sup> grade) and acts as an introduction to the world of sports.

## Running a Young Athletes Event on Your Campus

The Young Athletes Program is made to fit your campus! Young Athletes may look different at every school. Check out this example Agenda and additional resources to decide what works best for your students!

### Young Athletes Celebration Day

10am	Opening Ceremony- Special Olympics Athlete Oath
10:05am	Warm Up Stretches
10:20-10:30am	Go to Station 1 for Soccer Kicking
10:30-10:40am	Go to Station 2 for Balance Activities
10:40-10:50am	Go to Station 3 for Agility Course
10:50-11:00am	Go to Station 4 for Baseball Hitting
11:05am	Closing Ceremony- Hand out Ribbons

### Additional Resources

- ❖ Station examples & rotations in the [Young Athletes Program Guide](#)
- ❖ Prepare your students using these [Weekly Lesson Plans](#)
- ❖ Make activities fun and engaging using [Activity Flashcards](#) in multiple languages

### Become a Unified Champion School!

The best Young Athletes Programs are inclusive! How can your school use your Young Athletes Program to become a [Unified Champion School](#)?

Think about...

- ❖ Pairing multiple classes & creating virtual Unified Buddies
- ❖ Utilizing older student volunteers to help run your event
- ❖ Incorporating a Respect or Awareness Week as part of your Young Athletes Activities