

Welcome Back!



Special Olympics Ontario
Presents: Welcome Week

September
20-24th

Special Olympics
Ontario





**Special
Olympics**
Ontario

 **School Programs**

YOU'RE INVITED

Special Olympics Ontario invites you and your class to our five-day-long Welcome Week party!
Taking place **September 20-24th!**

Make sure to read the information below and register!

*Please note: **School Spirit Day** will be on **Monday, September 20th**, where teachers and students are encouraged to wear their school colours!*

*And **Wednesday, September 22nd**, is **Jersey/Favourite Team Colour Day**, where teachers and students are encouraged to wear their favourite sport teams' colour or jersey*

Take on the 5 Day Fitness Challenge!



Yoga



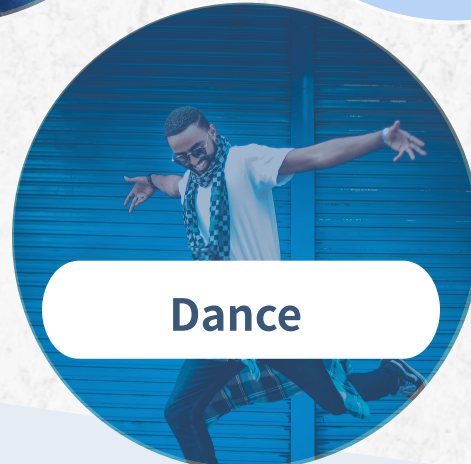
Core



Sports



Strenght



Dance

What are the Welcome Week Fitness Challenges?

- During welcome week each class of athletes will have a different daily fitness challenge
- Each challenge will be **10-30 minutes in length**
- Teachers will be sent a **pre-recorded video** of each daily challenge for their students to follow along with
- At the end of the week, athletes will join their peers across the province to share and celebrate their achievements and for starting a new year of exciting SOO sports and events



*Throughout Welcome Week, teachers and parents are encouraged to **submit photos and videos** of athlete's participation at the end of each challenge day. Athlete photos and videos will be featured in the **live event day slideshow** on September 24th*

The Challenges....



Yoga Challenge

Athletes will first complete a 30 minute guided yoga session lead by an instructor



Core Challenge

On day 2, athletes will go through a 25-minute core workout where athletes will be challenged with completing a certain number of repetitions per exercise



Sports Challenge

On day 3 athletes will complete the 30 minute sport challenge where each athlete or class will play their favourite sport or activity for 30 minutes



Strength Challenge

On day 4 athletes will complete a 25 minute strength workout where athletes will be challenged with completing several strength exercises



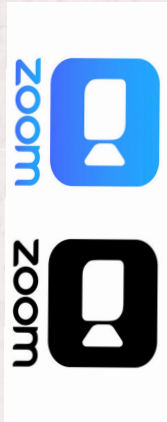
Dance Challenge

Athletes will close off the week by completing a pre-choreographed Dance Challenge during the live portion of the event! Athletes are encouraged to practice the choreography throughout the week

The Live Event Day!



- Upon the conclusion of welcome week, teachers, students, classes and schools will be invited to a **live celebration** on **Friday, September 24th**
- The event will be held virtually and streamed simultaneously via Special Olympics Ontario's School Programs Facebook and Youtube Live at **10:00 am**
- The second part of the event will be an interactive live session hosted on zoom directly after the live stream at **11:00 am**



What will it include?



Facebook/Youtube Live

10:00 AM



Introduction

- We will kick off by welcoming everyone back and congratulating you all on completing the first-ever 5-day welcome week fitness challenges

10:05 AM



- Teachers will be asked to submit photos and videos of their students participating in the fitness challenges
- The slideshow will showcase athletes participating in last years events along with the welcome week fitness challenges

10:20 AM

- Special Olympics Ontario staff will announce the upcoming school sports and events this year!

**Unveiling of
Upcoming
Sports/Events**

10:30 AM

- Lastly, there will be an exciting and inspirational set of musical performances!



Interactive Event

Zoom

*Note: **Special Olympics Ontario Spirit Day** is on **Friday, September 24th** students and teachers will be encouraged to wear Red and White colours*



11:00 AM

Bingo

- The interactive component will kick off with some Bingo!

1:00 PM

Dance Party!

- Athletes will participate LIVE in the pre-choreographed dance challenge
- Athletes will then be able to follow along to a just dance video and close off with a freestyle dance

11:30 AM

Trivia

- Played on the inclusive Kahoot Platform
- Individual students or classes will be able to participate in 3 different Trivia categories:
 - Canadian Sports
 - Special Olympics Ontario
 - Healthy Living and Fitness

1:30 PM

Thank You



- The event will end with some closing remarks and a thank you to all participants and schools

SPECIAL THANKS TO OUR PROUD PARTNER GALLAGHER FOR SUPPORTING US FOR THIS EVENT!



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***Special
Olympics***
Ontario

 **School Programs**

Are You Ready For the Biggest Party of the Year?

Lets Kick Off The 2021-2022 School Year!



[Click here to register!](#)

Please Note: Schools will receive an email from the Special Olympic Ontario Schools account with information and videos for all the challenges the week before the event

