

## WELCOME WEEK SECONDARY 2025

Welcome to Welcome Week! We are so thrilled that you are all joining us for this fun- filled week of activities! The activities have a corresponding spot on the BINGO card to cross off. Your class earns 5 points for every activity they cross off the BINGO card, and your class can earn BONUS points if you meet the requirements outlined in the scoring sections below! Then you will submit your BINGO card! Our Live day will be September 26<sup>th</sup> from 10 am to 12 pm!

**Special Olympics Ontario**

65 Overlea Boulevard, Suite 200, Toronto, ON, M4H 1P1

**Tel** 416-447-8326 / 1-888-333-5515 **Fax** 416-447-6336

**Web** [www1.specialolympicsontario.com/schools](http://www1.specialolympicsontario.com/schools)

**Facebook/Instagram/X** @SOOSchoolChamps

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## Monday Activity 1: Fundamentals of Basketball

**Purpose:** Introduce students to fundamental basketball skills in a structured and supportive way. Emphasize form, communication, and success through repetition and positive feedback.

### Part A: Passing

#### Equipment Needed:

- Basketballs, balloons, or beach balls (1 per pair)
- Floor markers or cones (to mark distances)
- Score sheet and pen

#### Set-Up:

- Students partner up.
- One ball per pair.
- Stand 5–10 feet apart based on comfort.

#### Coach Instructions:

- Demonstrate and explain three passes:
  - **Chest pass:** Two hands from the chest, stepping forward.
  - **Bounce pass:** Ball bounces once before reaching partner.
  - **Overhead pass:** Ball goes from above the head to the partner's chest area.
- Students practice each pass several times, taking turns.
- Once confident, they can back up to increase challenge.

#### Adaptations:

- Use balloons or beach balls if needed for support
- Reduce distance, or use a seated variation of passing on the floor

#### Scoring:

- **3 points** – for each player that completes 3 passes accurately and successfully.
- **2 points** – if each player attempts all 3 passing variations.



## Part B: Shooting

### Equipment Needed:

- Basketball hoops (or adapted targets like hula hoops or bins)
- Basketballs, balloons, or soft foam balls (1 per student)
- Score sheet and pen

### Set-Up:

- Spread students out at multiple hoops (or use hula hoops, garbage bins, or baskets for larger targets).
- Students take turns shooting on hoop or adapted targets.

### Coach Instructions:

- Demonstrate correct shooting form: knees bent, elbow in, follow-through.
- Students start close to the basket.
- Once they make 2 shots in a row, they can take a step back.
- Offer feedback and encouragement as you circulate.

### Adaptations:

- Use lower targets, lighter balls, or alternative throwing motions if needed.
- Students can shoot from seated positions or roll the ball into a bin.

### Scoring:

- **2 points** - Ball goes into the basket or target
- **1 point** - Good form and effort, but the shot misses
- **1 point** - For giving helpful feedback to a partner

## Monday Activity 2: Freeze Tag Basketball

**Purpose:** Practice dribbling under pressure in a playful and interactive way.

### Equipment Needed:



- Basketballs or beach balls (1 per student)
- Cones to mark boundary area
- Score sheet and pen

### **Set-Up:**

- Everyone has a basketball and space to move around.
- Choose one student to be “it.”

### **Coach Instructions:**

- All players dribble their ball within the boundaries.
- “It” player dribbles and tries to tag others.
- If tagged, a student freezes with legs apart and their ball held over their head.
- Frozen students can be unfrozen if another player dribbles through their legs.

### **Adaptations:**

- Use soft balls or balloons.
- Allow walking rather than running.
- Offer a coach or peer to assist students who may need support.

**Key: restart every few minutes with a new player as “it.”**

### **Scoring:**

- **3 points** - If everyone on the team helps unfreeze someone at least once
- **2 points** - For good teamwork (e.g., passing the ball to help unfreeze or communicating clearly)
- **1 point** - If a new “it” player steps up and gives good effort, even if they tag few people

## **Monday Activity 3: Sharks and Minnows**

**Purpose:** Help students build confidence dribbling while also developing reaction skills.

### **Equipment Needed:**

- Basketballs (1 per student)



- Cones or markers to set end lines
- Score sheet and pen

### **Set-Up:**

- Use the gym or field. Designate one end line for “minnows” and one for the finish line.
- Choose 1–2 students (or staff) to start as “sharks” in the middle.

### **Coach Instructions:**

- On your signal, minnows dribble from one side to the other.
- Sharks try to knock or tap balls away (no physical contact).
- If a minnow loses their ball, they become a shark for the next round.
- Keep playing until one or two minnows remain.

### **Adaptations:**

- Allow players to walk, dribble with two hands, or carry the ball for added support.
- Use different size/type balls or shorter distances.
- Offer a parallel, non-competitive version for students who prefer not to be “out.”

### **Scoring:**

- **5 points** - If over half of the group makes it across without losing their ball
- **3 points** - If everyone in the group shows control and effort in their dribbling
- **2 points** - If someone helps or encourages a peer during the round (ex: waiting for them, calling out tips)



## Tuesday Activity 1: Fundamentals of Soccer

### Description:

Students rotate through mini-drills that help develop coordination, footwork, and confidence with the ball. It's a great way to warm up and prepare for more game-like activities.

### Equipment Needed:

- Soccer balls (1 per student)
- Cones (for dribbling paths and passing targets)
- Pinnies (optional for group identification)

### Setup:

- Set up 3–4 small activity zones:
  - **Dribbling:** Cones arranged in a line, zigzags, or figure-8s
  - **Passing:** Partner passing or triangle formations
  - **Ball Control:** Toe taps
- Make sure there's enough space for safe movement

### Instructions:

- Divide students evenly among the zones
- Run each drill for approximately 3 minutes before rotating
- Encourage use of both feet and reinforce proper form (ex: soft touches, eyes up)

### Adaptations:

- Use lighter or larger balls (ex: beach balls, foam balls).
- Shorten distances or reduce cone spacing for easier success.
- Pair students with a peer helper or provide visual demonstrations as needed.

### Scoring:

- **5 points** - Everyone attempts the dribbling course.
- **5 points** - Everyone completes the footwork drill successfully (ex: 10 toe taps).
- **3 points** - For each pair that completes at least 3 consecutive passes.



- **3 points** - Most students complete drills with good effort.
- **2 points** - Group encourages each other and keeps moving.

## Tuesday Activity 2: Pinnie Tag (with Ball Control)

### Description:

This station blends the excitement of tag with the challenge of dribbling a soccer ball. Students must protect their own pinnie while trying to collect others', all while staying in control of their ball. It promotes spatial awareness, agility, and quick decision-making.

### Equipment Needed:

- Soccer balls (1 per student)
- Pinnies (1 per student)
- Cones to set playing area
- Buckets (optional for team version)

### Setup:

- Mark a rectangular play space using cones
- Each student tucks a pinnie into the back of their shorts ( $\frac{3}{4}$  visible)
- Everyone starts with a ball at their feet

### Instructions:

- Students dribble while trying to grab others' pinnies
- If a student's pinnie is pulled, they can perform a challenge to re-enter (ex: 5 toe taps)
- Play as:
  - **Teams:** Collect pinnies and return to your team bucket
  - **Individual:** Student with most pinnies wins
- Focus on keeping the ball close while moving quickly

### Adaptations:

- Allow walking or slower pace for some participants
- Use a smaller area for closer play and less running
- Allow pairs or small groups to work together to increase cooperation

### Scoring:



- **2 points** - if the team shows good communication and cooperation during play.
- **2 points** - if most players keep ball control while moving.
- **1 point** - for every player that completes a challenge to re-enter the game.

## Tuesday Activity 3: Foosball Soccer

**Description:** This creative, team-focused station brings the classic tabletop game of foosball to life. Students work together in connected rows, holding pool noodles and moving as a unit from side to side. It emphasizes teamwork, communication, and positioning, rather than speed or power.

### Equipment Needed:

- Pool noodles (1 per player to connect across the row)
- Cones to mark boundaries
- Soccer balls
- Small goals or cones to create scoring zones

### Setup:

- Create a rectangular play area with cones
- Divide students into teams of 4–8
- Assign them into **rows** (2–4 players per row), grouped by position (ex: defense, midfield, attack)
- Players in each row hold a pool noodle together and must stay connected

### Instructions:

- Rows can only move **side to side**, mimicking foosball player bars
- If a row breaks apart, the ball goes to the other team
- Emphasize working together to move and defend
- Rotate positions every few minutes so all players experience different positions

### Adaptations:

- Can hold hands if pool noodles are not available.
- Allow more flexible movement if needed for mobility reasons
- Use foam balls for easier control





- Allow verbal support from outside the “field” for students who prefer not to play physically

### Scoring:

- **1 point** - for every goal scored
- **2 points** - if no rows break apart during the round
- **2 points** - if all players actively participate and rotate positions fairly

## Wednesday Activity 1: Fundamentals of Floorball

### Description:

This activity is all about teaching and practicing the fundamental skills of floorball in a low-pressure, skill-building environment. It’s perfect for warm-up or for students who are new to using a stick.

### Equipment Needed:

- Floorball sticks (1 per student)
- Floorballs (1 per student or per pair)
- Cones

### Setup:

- Divide the activity into 3 mini skill zones:
  - Stickhandling through cones
  - Partner passing or wall passing
  - Stop-and-turn drills (control the ball and reverse direction)

### Instructions:

- Briefly demonstrate each skill before students begin.
- In the **stickhandling zone**, students weave the ball through cones using small, controlled touches.



- In the **passing zone**, students pass to a partner across a short distance, focusing on flat, accurate passes.
- In the **turn zone**, students control the ball, stop it, pivot, and go the opposite direction.
- Rotate students through each zone every 3–5 minutes.
- Encourage players to stay low, keep the blade on the floor, and look up often.

### **Adaptations:**

- Use lighter or larger foam balls for easier control.
- Fewer or more widely spaced cones for beginners.
- Pair students with a peer or allow guided support

### **Scoring:**

- **3 points** - for consistent effort and teamwork in partner zones
- **3 points** - for 3 consecutive accurate passes to partner or wall
- **3 points** - for hitting the target/box
- **2 points** - for weaving the ball successfully through all cones without losing control
- **2 points** - for a controlled stop and smooth pivot without losing the ball

## **Wednesday Activity 2: Pirate Treasure Game**

### **Description:**

This fast-paced game turns the gym into a pirate adventure, where students race to retrieve “treasure” (balls) from a central island and return it to their team’s chest (goal). It builds teamwork, stick control, and excitement.

### **Equipment Needed:**

- Floorball sticks
- 10–20 floorballs
- Cones to define zones and boundaries
- Small goals, bins, or hoops (1 per team)

### **Setup:**



- Use cones to create a large central “island” where all the floorballs start.
- Create team zones in each corner of the gym, each with a designated “treasure chest” (goal or bin).

### **Instructions:**

- On the whistle, each student uses their stick to take one ball at a time from the treasure island and dribble it back to their team’s chest.
- Once they score it in the chest, they return to the island for another.
- Option: Once all balls are gone from the island, allow “stealing” from other teams’ treasure chests.
- No guarding allowed, encourage fairness and focus on fun!
- Game ends when time runs out or a team collects all the balls.

### **Adaptations:**

- Let students walk instead of run.
- Use larger/lighter balls or foam pucks for easier control.
- If needed, students can carry the ball instead of dribbling.
- Give each team their own island to reduce crowding

### **Scoring:**

- **1 point** - for every ball successfully brought and scored into the team’s treasure chest (goal/bin).
- **2 points** - if players demonstrate excellent teamwork and effort
- **3 points** - if a team collects all balls from the island first.

## **Wednesday Activity 3: Relay Race**

### **Description:**

A fun, team-based activity where students race while performing floorball challenges like weaving through cones and passing. It promotes speed, coordination, and team spirit.

### **Equipment Needed:**

- Floorball sticks
- Floorballs
- Cones for lanes and obstacles

**Setup:**

- Create side-by-side lanes with cones marking:
  - Start and finish lines
  - A zig-zag form dribbling section
  - A turnaround point (could be a cone or goal)

**Instructions:**

- Divide students into even teams and line them up at the start line.
- On “Go,” the first player in each team dribbles their ball through the cones to the turnaround point, then comes back through the same path.
- After returning, they hand off the ball and stick to the next teammate.
- First team to finish wins.

**Adaptations:**

- Allow shorter distances or fewer cones.
- Students can walk rather than run through the cones.

**Scoring:**

- 5 points - If all team players complete the relay (in any variation/form of adaptation).
- 3 points - If teams demonstrated encouragement and team spirit.
- 1 point - for each player that completes the full relay without cone collisions.



## Thursday Activity 1: Knockout

**Purpose:** Develop quick shooting and rebounding skills with a fun, high-energy game.

### Equipment Needed:

- 2 basketballs
- 1 basketball hoop
- Score sheet and pen

### Set-Up:

- Line students up at the free throw line.
- First two players have a basketball.

### Coach Instructions:

- Player 1 shoots. If they miss, they rebound and can shoot from anywhere.
- Player 2 shoots after Player 1's first shot.
- If Player 2 scores before Player 1, Player 1 is out (or steps to the side).
- After a basket is scored, the ball is passed to the next person in line.

### Adaptations:

- You may choose to remove elimination altogether. "Knocked out" players can move to a second hoop or keep playing casually.
- Allow closer shooting positions.
- Use larger or lower targets to support success.

**Encourage cheering and teamwork, even when not actively shooting.**

### Scoring:

- **5 points** - If everyone cheers, encourages others, or helps retrieve balls
- **4 points** - If all players get at least one basket during the round
- **3 points** - If players rotate quickly and keep the game moving smoothly



## Thursday Activity 2: Scoring Drill

### Description:

This station gives students a chance to practice their shot! They will focus on using proper technique to strike the ball toward a target. The goal is to build muscle memory for accurate, controlled shooting, not just kicking hard.

### Equipment Needed:

- Soccer balls (3-4)
- Cones to mark shooting lanes and distances
- Nets, pop-up goals, or targets (cones, hula hoops, etc.)
- Markers for where to place the ball

### Setup:

- Set up 3–4 shooting lanes, each with a designated “shooting spot” and a goal/target
- Use cones to guide the run-up and aim

### Instructions:

- Students line up and take turns shooting
- Coaches can provide tips on:
  - Plant foot placement
  - Striking with the laces
  - Follow-through and balance
- Encourage aiming at corners or specific targets within the net

### Adaptations:

- Use larger or softer balls
- Allow closer shooting distances for some students
- Use cones or targets to help with aim
- Provide peer or coach support for set-up or positioning

### Scoring:

- **5 points** - if all team members attempt at least 1 shot
- **3 points** - Ball hits a designated target area (ex: in net, corner of goal, inside hula hoop)



- **2 points** - For demonstrating good technique (coach's discretion: proper plant foot, striking with laces, follow-through)

## Thursday Activity 3: Scoring Drill

### Description:

This one-on-one style game lets students practice shooting while building confidence and celebrating successes. It's a great way to end the rotation on a high-energy, positive note.

### Equipment Needed:

- Floorball sticks
- Floorballs
- Goals or pop-up nets
- Cones to mark shooting zones
- Optional: Pylons or small targets inside the net

### Setup:

- Create 1–2 shooting lanes with a clear shooting line marked by cones.
- Place a net or goal approximately 10 feet away from the line.
- Option: Add a goalie (coach, student, or even a cone stack).

### Instructions:

- Students take turns shooting from behind the cone line.
- Variation 1: Ball is stationary at the line, student steps up and shoots.
- Variation 2: Student stick handles the ball toward goal then shoots.
- Encourage students to aim for different parts of the net, focusing on accuracy and control.
- Celebrate all shots, goals, and good attempts!

### Adaptations:

- Let students shoot from closer if needed.
- Use lighter balls or soft foam pucks.
- Remove goalie.



- Provide physical or verbal cues to help with direction and timing.

### Scoring:

- **5 points** - If all students attempted all shots.
- **3 points** - If used proper shooting form/technique (plant foot, follow-through).
- **1 point** - for every goal scored.