

Advanced Sports Skills

Dear Family,

Walking, running, balancing, jumping, trapping, catching, throwing, striking and kicking—these are just some of the many skills featured in Young Athletes activities. I'm incredibly proud of each child's progress. Students have worked hard to learn new skills. As we introduce **advanced sports skills**, children will use previously taught skills in a sports context. These activities may be challenging for some children; that's expected. Whenever children need more practice with an easier skill, we'll revisit familiar activities to strengthen their abilities.

Regardless of skill level, there are many opportunities for your child to participate in physical activities throughout his or her life. Young Athletes activities might continue to be a good fit for some children. Other options include training for a specific sport or becoming a **competitive Special Olympics athlete**. Special Olympics provides over 30 individual and team sports to people age 8 and older with intellectual disabilities. **Special Olympics Unified Sports** joins people with and without intellectual disabilities together on the same team, promoting friendship and understanding. To learn more, visit [SpecialOlympics.org](https://www.specialolympics.org).

Sincerely,

Teacher

PS: Here's how you can get in touch with our local Special Olympics office: _____



As children learn and practice new skills through Young Athletes, they gain confidence and pride in their growth.



Healthy Habits

To encourage your child to keep physically active, give extra playtime as a reward instead of candy or snacks. Invite the whole family to practice Young Athletes activities together. Focus on how fun it is to try new skills, and praise your child's efforts.

I'm proud of you
for keeping your eye
on the ball!



All in the Family

Special Olympics positively impacts entire families, not just athletes. In fact, the siblings of many athletes feel that participation in Special Olympics brings their family closer together.



Class News