



Special O Unified C

UCS - End of Year Activity Tracker

Please complete and submit this form by June 30 for activities occurring throughout the entirety of the 2023-2024 school year.

Please submit a separate form for each school in your district.

amorrison.sonj@gmail.com [Switch account](#)

* Indicates required question

Email *

Your email

School Name *

(please enter your entire school name, i.e. Ramsey High School, not RHS):

Your answer

School District *

(please enter your entire district name, i.e. West Milford Township Public Schools, not WMTPS or West Milford):

Your answer

Unified Sports: Total # of Competitive and Player Development Experiences *

All interscholastic sports teams at your school are summed for this entry. If you offer no interscholastic sports, your entry should be zero (0).

Count a season's worth of practices as an one experience for each player. Count each competition for each player as one experience. If there is a final game or culminating event, count it as an additional experience per player.

E.g. (1): Westdale HS Unified basketball team has 11 players. Every player attended the team's 9 games of regular season play. Practices were held throughout the season. (11 players x 1 season of practice) + (11 players x 9 games). **Total = 110 experiences.**

E.g. (2): Westdale HS Unified soccer team has 15 players. Due to a lack of nearby competition, the team held regular training, but only participated in a culminating event/game. (15 players x 1 season of practice) + (15 players x 1 culminating event). **Total = 30 experiences**

Westdale HS enters Unified basketball + Unified soccer for a total experience count of 140.

Your answer _____

Total # of Unified PE Experiences *

Unified Physical Education (PE) falls under the Unified Recreation model and is a unique opportunity for students of varying ability levels and backgrounds to come together on equal terms through ongoing fitness, sports, leadership, and wellness activities within a school setting. Unified PE operates with approximately a 1:1 ratio of students with and without ID. Inclusive PE numbers are entered elsewhere.

Count one semester of Unified PE as one experience for each student.

E.g. 16 students take a semester (or 2 quarters) of Unified PE. 16 students x 1 semester of Unified PE = **16 experiences.**

E.g. Westdale HS has 20 students in Unified PE all year. 20 students x 2 semesters of

Unified PE = **40 experiences.**

Your answer

Total # of Fitness Experiences (excluding PE) *

This entry counts participation numbers within schools implementing one or more Special Olympics fitness models and/or resources (see below) or implementing a Program created, school-based Unified fitness model/program. Intramural, but not interscholastic, Unified Sports are calculated in this entry.

Count each activity for each student that participates as one experience.

E.g. Students work with their school to organize walking routes to/from school for groups of students with and without ID. 25 students participate during the semester. Another group of students with and without ID form a club to train together via Zoom using the School of Strength curriculum. 9 students participate. **Total experiences = 34 (25 + 9).**

Your answer

Type(s) of Fitness Models and/or Resources Implemented *

- ☐ Fit 5 - A resource based on achieving fitness and personal bests through the simple goals of engaging in five days of exercise per week, eating five total servings of fruits and vegetables per day, and drinking five bottles of water per day.
- ☐ Fit Families & Friends - A six-week fitness and wellness challenge designed to promote physical activity and nutrition by encouraging athletes and partners to set fitness goals and track their progress in these areas. Participants collect incentives for their progress toward a healthier lifestyle.
- ☐ School of Strength - An interactive online platform that encourages students to participate in a fun and engaging training program that they can do in their own homes. School of Strength is comprised of a series of videos, a fitness tracker, a coach’s playbook, and a caregiver toolkit that all contribute to helping students focus on nutrition and fitness.
- ☐ SOfit - An eight-week Unified class that combines physical activity, nutrition, and emotional and social wellness, all through a holistic approach, empowering participants to

challenge the way they view health and lifestyle choices.

- ☐ Unified Fitness Club - A year-round physical activity based program that utilizes activity trackers and incentives to engage participants of all abilities and activity levels in healthier lifestyles while also inspiring friendships.
- ☐ Other - Any other types of fitness models and/or resources (SO-sanctioned or non-sanctioned) implemented within a school setting.
- ☐ None

Unified Activities: Type(s) of Activities Implemented *

- ☐ Motor Activities Training Program (MATP) - MATP is designed for athletes who are unable to participate in official SO sport competitions because of their skill and/or functional abilities. MATP is designed to prepare athletes, including those with severe or profound intellectual disability and significant physical disabilities, for sport-specific activities appropriate for their ability levels.
- ☐ Unified Arts - Unified Arts empowers students with and without ID to explore artistic self-expression and showcase their creativity and talent through Unified music, reading/book clubs, photography, theater, etc.
- ☐ Unified Esports - Video gaming activities that combine an approximately equal number of students with and without intellectual disabilities. Examples include: Unified esports team, Unified esports club, or students participating in Special Olympics esports events.
- ☐ Unified Robotics - A student-designed and implemented robotics program open to students with and without ID bringing the world of STEM and the sport of robotics to more students interested in STEM. Partners and athletes work one-on-one to build robots, usually using Lego Mindstorms Kits.
- ☐ Other - All other types of Unified Activities, implemented within a school setting, that cannot be categorized as one of the above activities.
- ☐ None

Young Athletes (not including Head Start) Experiences *

Special Olympics Young Athletes (YA) is a sport and play program for children with and without ID, ages 2 to 7 years old. YA introduces basic sport skills, like running, kicking

*and throwing. Schools implement YA programming at the preschool and elementary levels. **Only count your school-based YA experiences, not including YA Head Start experiences, in this column.***

Upper Elementary, Middle, and High Schools must enter a zero (0).

Count one semester of YA for each student as one experience. In addition, count any type of demo, event, celebration, etc. (non-regular activity) as one experience for each student.

E.g. A Pre-K class of 10 students utilizes the YA Activity Guide within their Unified classroom three times per week, culminating with a Unified Field Day for the class. **Total experiences = 20** (Classroom Implementation: 10 + Field Day: 10).

Your answer

Young Athletes, Head Start ONLY Experiences

*

Report numbers in this column only if you are implementing Young Athletes programming through Head Start. For all other YA (non-Head Start) school-based programming, use the "Unified Sports Recreation: Young Athletes (not including Head Start)" column.

All schools must enter a zero (0).

Your answer

Unified Activities: Total # of Experiences

*

Any inclusive non-sport activity inspired by Special Olympics Unified Sports in schools, such as band, theater, robotics, social events, etc., is considered a Unified Activity.

Count participation in a class or club as one experience for each student. Also count a performance, tournament, event, competition, etc. (non-regular activity) as one experience for each student.

E.g. 10 students in a school participate in an Inclusive Culinary Club once a week for one semester. In addition, 12 students form a Unified Robotics club that meets twice a week

for 8 weeks, ending with a tournament. **Total experiences = 34** (Inclusive Culinary Club: 10 + Unified Robotics club participation: 12 + Unified Robotics tournament: 12).

Your answer

Inclusive Youth Leadership: Total # of Athlete Experiences

*

A cumulative count of the number of students with ID in school-based IYL clubs, multiplied by the number of IYL activity experiences that each of these students had. **(All numbers should be non-unique experience numbers).**

Your answer

Inclusive Youth Leadership: Total # of Partner Experiences

*

A cumulative count of the number of students without ID in school-based IYL clubs, multiplied by the number of IYL activity experiences that each of these students had. **(All numbers should be non-unique experience numbers).**

Your answer

Inclusive Youth Leadership: Type(s) of Activities Implemented

*

- ☐ Best Buddies - Programming that fosters one-to-one friendships between students with and without ID, in which they share interests, experiences, and activities.
- ☐ Student Council and/or Honor Society - Existing Student Council and/or Honor Society comprised of students with and without ID.
- ☐ Unified Club - A non-academic, school-based club that brings students with and without ID together for planning and participating in Special Olympics activities including Unified Sports, social and community activities that foster understanding and acceptance, and that promote leadership and collaborative skill building. Sometimes called a "Partners Club."
- Youth Activation Committee (YAC) - Youth-led committee on which students with and

- ☒ without ID work together to develop strategies to promote schools and communities where all young people are agents of change, to advocate for individuals with ID, and to create awareness about the need for a positive environment providing equal opportunities and respect to persons of all ability levels.
- ☒ Other - Other types of school-based IYL activities that cannot be categorized within the activities listed above (e.g. Unified pair volunteers at Program's State Fall Games).
- ☒ None

Inclusive Youth Leadership: Delivery Method *

- ☐ In Person
- ☐ Virtual
- ☐ Both

Whole School Engagement: Total # of Experiences *

WSE refers to awareness and education activities that promote inclusion and reach the majority of the school population.

E.g. Westdale HS, with a student body of 1000, has 3 pep rallies that each include a Unified Sports team and has a school-wide Rock your Socks campaign for World Down Syndrome Day. **Total experiences = 4000** (WSE activities: 4 x Student body: 4000)

Your answer _____

Whole School Engagement: Types of Activities Implemented *

- ☒ Fans in the Stands - A formal way of encouraging students to support and cheer on students at Unified Sports or other Unified Special Olympics events.
- ☒ Get Into It - A K-12 school curriculum developed by Special Olympics and distributed to educational institutions about respect and acceptance of differences and similarities in people with and without ID while providing them with the tools to serve as active agents

for change in not only their school, but the community as well.

☐ Plunge and Other Fundraisers - A fundraiser for Special Olympics or a school’s Unified Club. The Plunge is a specific type of fundraiser during which individuals and teams take a plunge into various bodies of water.

☐ Respect Rally or Unified Sports Pep Rally - School-wide rally designed to raise consciousness of the school and community about the dehumanizing and hurtful effects of the R-word, and to promote inclusion. Unified Pep Rallies are school-wide rallies that recognize and celebrate Unified Sports teams in the same ways as other teams in the school.

☐ Respect or Awareness Week - A campaign to raise consciousness of the school and community about the dehumanizing and hurtful effects of the R-word, bullying and to encourage people to pledge to stop using hurtful language, and to promote the value of inclusion.

☐ School-wide Spread the Word: Inclusion or R-word Pledge Drive - A campaign asking people to pledge to stop saying the R-word as a starting point toward creating more accepting attitudes and communities for all people, and building a world of inclusion.

☐ Unified Sports Day - A day of inclusive sports activities for the student body organized by students.

☐ Other - Other types of WSE activities implemented by schools that cannot be classified as one of the activities above.

Whole School Engagement: Delivery Method *

- ☐ In Person
- ☐ Virtual
- ☐ Both

Total Number of unique Athletes (student with ID) who participated in a Unified event this school year. *

Each athlete counts once, even if they participated in multiple sports or clubs.

Your answer

Total Number of unique Unified Partners (students without ID) who participated in a Unified event this school year. *

Each partner counts once, even if they participated in multiple sports or clubs.

Your answer

What age range do the majority of your athletes (students with ID) fall into? *

- ☐ Under Age 6
- ☐ Age 6-7
- ☐ Age 8-15
- ☐ Age 16-21
- ☐ Age 22+

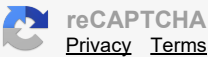
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