

SPECIAL OLYMPICS ONTARIO
INVITES YOU TO THE

Active Start & Fundamentals Program

Join us for weekly programming featuring virtual workouts, live storytelling and more fun activities!

**EVERY SUNDAY FROM
JANUARY 24, 2021 - MARCH 28, 2021
LIVE EVENTS BEGIN AT 3:00PM**

Register online at

<https://sohealthyathome.ca/virtual-active-start-fundamentals-registration/>

***Special
Olympics***
Ontario



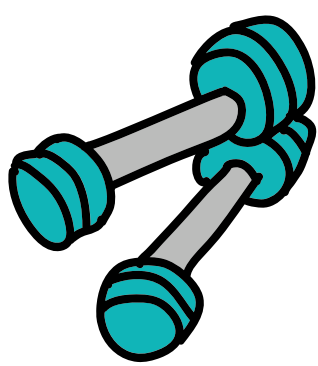
ACTIVE START & FUNDAMENTALS (ASFN) PROGRAM OVERVIEW

Special Olympics Ontario (SOO) is dedicated to providing Ontarians with equal opportunities and access to sport. Our Active Start & Fundamentals program is based on these values of diversity and inclusion.

Active Start FUNDamentals

This year, we are hosting our 10-week program through a virtual format on Google Meets featuring guests from partnering organizations who will lead live storytelling sessions, read-alouds and/or deliver interactive presentations.

Partnering coaches and volunteers have created short pre-recorded lessons and workout videos corresponding to our weekly themes; these videos can be completed at your leisure.



Pre-recorded Workouts

Live Storytelling



Weekly Fun & Learning

This program would not be possible without the help of all of our wonderful volunteers, coaches and partnering organizations. Thank you!

Weekly Program Schedule



Week 1 - January 24, 2021: Introduction to Active Start & Fundamentals

Welcome to the first week of ASFN 2021: Prior to our first event please complete the 20 minute pre-recorded Mobility Workout led by our Active Start - Greater Durham Coaches.

- 3:00 - 3:10pm: Live Introduction to the Program from SOO Staff
- 3:10 - 3:25pm: Live Read-Aloud of "I Belong; Can I Play?" by Heather Gale (Co-author)
- 3:25- 3:45pm: Live Guest Presentation from Michael Jacques (Co-author)
- 3:45 - 4:00pm: Q&A Period and Closing Remarks



Week 2 - January 31, 2021: Winter Sports Part 1 - Hockey

For this week, please complete the 20 minute pre-recorded Hockey-themed workout run by Active Start Etobicoke and additional hockey-themed worksheets at any time that is convenient for you.

This week's book "The Hockey Sweater" will also be prerecorded and sent to participants via email, as well as a step-by-step instruction sheet for creating your own hockey jersey.



Week 3 - February 7, 2021: Winter Sports Part 2 - Figure Skating

For this week, please complete the 20 minute pre-recorded Active Start Singing Workout, following along with Coach Debora and her athletes at any time that is convenient for you!

- 3:00 - 3:15pm: Live Dress-up Party - Can you Guess what I'm Dressed Up as?
- 3:15 - 3:30pm: Live Read-Aloud of "A is for Axel"



Week 4 - February 14, 2021: Winter Sports Part 3 - Curling

For this week, please complete the 20 minute pre-recorded curling-at-home workout by Active Start Etobicoke coaches and the additional curling worksheets at any time that is convenient for you.

Curling at-home instructions and additional activities will be sent via email.



Week 5 - February 21, 2021: TBD

- Programming for this week will be communicated at a later date.



Pre-recorded workouts can be completed at any time that week that is most convenient for you. Google Meets links for live events will be sent out to registered participants in a corresponding email. Scheduling for Weeks 5-10 (February 21 - March 28, 2021) will be communicated prior to Week 5.