

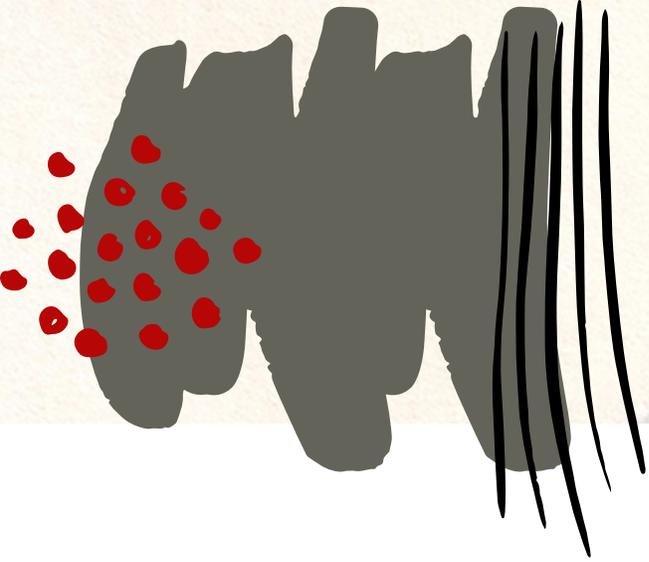


SPECIAL OLYMPICS NEBRASKA

FITNESS COMBINE



2023 PLAYBOOK



THE GAME PLAN

Hi Special Olympics Nebraska athletes, partners, and coaches!

We are excited for you to participate in the 2023 Winter Fitness Challenge.

Fitness as a sport was designed with flexibility in mind. The goal of the program is to provide athletes and partners with five to ten weeks of training that will increase strength, flexibility and overall physical performance. This can be done at home or at a team practice. Participants will strive to demonstrate increased physical performance week over week with improved measurables for a variety of competitions.

Fitness assessments can be conducted virtually or in-person following school, state and local government guidelines. This guide will walk you through the entire program, what to expect, how to score and how to become more fit!

In schools, these activities can be done in homeroom, Unified PE, Unified Club, or other down-time! Choose a student leader to help run the stopwatch and another to record scores. Students will compete in your classroom for the top score, and that score will go on to compete against other teams across Nebraska and earn rewards.

Whether practicing virtually or in-person, our hope is that athletes will be able to socialize, practice and encourage their teammates to strive for individual health and fitness improvements. Please let your Special Olympics Nebraska team know if you have any questions along the way.

Excited to see you in action,
The Special Olympics Nebraska Team



Special Olympics
Health



WINTER FITNESS COMBINE THE OVERVIEW

Participants should focus on improving their personal scores in each of the events.

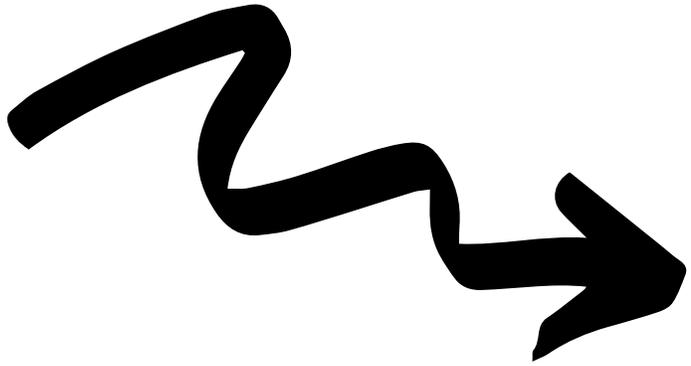
Participants will complete the events, some competing against their teammates, and coaches/teachers/parents/caregivers will submit their top scorers to Special Olympics Nebraska to compete against other schools and individuals state-wide. Scores can be emailed to health@sone.org or electronically using this a link that will be supplied at the beginning of each fitness week.

Teams or individuals can also complete the goal-setting and healthy habits activities and share their progress with Special Olympics Nebraska. We will be sharing weekly results and winners.

The goal of the Winter Fitness Combine is to stay active during the cold Nebraska months and continue to train, getting **#strongereveryday**

REGISTRATION

Coaches, Parents/Caregivers, or Athletes, you can register a team of athletes or an individual using the "REGISTER HERE" link or the QR Code! Teams can include athletes and partners of any age and ability level.



An individual athlete can register themselves or a parent/guardian can act as the point of contact for an individual.

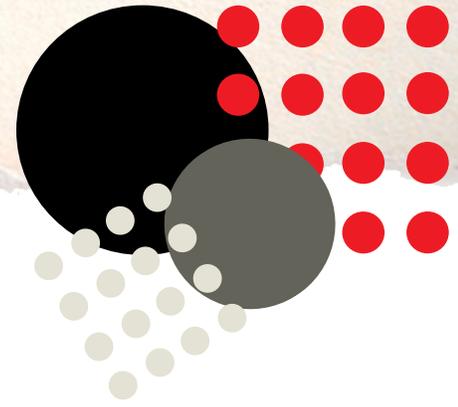
A good coach is pivotal to the success of a team and the Fitness Combine is no exception. The coach of your team should:

- 1. Register their team**
2. Act as the **point of contact** between SONE staff and their team
- 3. Collect scores** from each team member
4. Compile individual scores and **submit the highest individual score** to ***health@sone.org*** or electronically by the specified deadlines
5. Communicate and motivate their team!



Special Olympics
Health

TIMELINE



Register by February 11

Below are the Submission Dates (coaches submit top individual score)

WALL SITS or SIT-to-STAND between Feb 12th and 18th

5-10-5 between Feb 19th and 25th

FLOOR TAP between Feb 26th and March 4th

JUMPING JACKS between March 5th and 11th

SUBMIT MARCH MADNESS BRACKETS (1 per school/team/ind)
between March 12th and 18th

PLANKS between March 19th and 25th

AWARDS ANNOUNCED between April 10th- April 14th

**Special
Olympics**
Nebraska



Special Olympics
Health



FITNESS COMPETITIONS **GET STARTED**

This section contains everything you need to know to guide participants through the combine.

- Materials Needed
- Goal of the exercise
- Instructions and scoring information
- Pictures and video links

MATERIALS

Stopwatch
Chair (without wheels)
(you could also use bleachers or
weights bench)



PROCEDURE AND SCORING

EXERCISE:

1. Participant sits on chair or bench with feet hip-width distance apart.
2. Participant's arms are positioned across the chest.
3. Participant stands up fully from sitting position and sits down again without using their arms to assist.
4. This is considered 1 repetition. Participant continues to do the sit to stand component for 30 seconds.

SCORING: Each successful repetition is counted for 30 seconds. No repetitions are counted after time runs out. No repetitions are counted for bad form. The count remains the same until a proper repetition is completed.

MODIFICATIONS

Participants with lower body mobility impairments can perform this test pushing on arm rests or pulling on a countertop (or similar) for assistance. Participants should use the same assistance methodology for each testing opportunity for consistency.

Sports Application: Hold a ball (weighted or unweighted) out in front of the body while moving from sitting to standing

OR

Hold the ball while standing, and dribble the ball to the side while seated



MATERIALS

Stopwatch
Solid wall



PROCEDURE AND SCORING

EXERCISE:

1. Participant stands with back flat against the wall and feet about 1-2 feet away from the wall.
2. Participant holds arms at sides or across chest.
3. Participant bends at the knees and lowers down until thighs are parallel to the ground.
4. Participant holds this position for the desired time.

SCORING: Time is recorded starting when the participant assumes the correct position. Total time is time to failure which is any adjustment from the original position.

Sports Application: After holding the wall sit, demonstrate how it is useful by doing "ready-position" lane slides. With hands up, shuffle left or right. It may be helpful for the coach to lead in front of the group.

To make things fun, choose a student leader or Unified pair to choose "left, right, fast, touch the floor, etc"



**Special
Olympics**
Nebraska



Week 1 February 12th-18th



Special Olympics
Unified Champion
Schools

Competition: Wall Sit or Sit to Stand (# seconds can hold wall sit up to 60 seconds or # of sit/stands. Compete against your teammates then **SUBMIT** the winner's top score. One top score per team/class.



Daily Workout: Try to work out 30 minutes a day 5 days a week

Get your body moving up by doing 3 sets of each of the following exercises

1



Squats or Chair Squats
60 seconds

2



Plank or wall plank
60 seconds

3

Side Hops
60 seconds



4

One leg stand
balance 60 seconds



5

Jog in place
60 Seconds



Healthy
Habits

Strong Breathing

Goal

Learn and practice Strong Breathing to help you calm your brain.

Tips to Share

Strong Breathing helps you stay calmer when things go wrong, be steady and ready for challenges, pay attention and focus better. A calm breath is a slow, easy breath that feels relaxing. When you take calm breaths, it can help calm you mind. Taking calm breaths is a skill you can practice every day.

1

Breath in through
your nose



2

Breath out through
your mouth.

Week 1

MATERIALS

Three cones
Measuring tape
Stop watch

PROCEDURE AND SCORING

(See the photos on the following page demonstrating the exercise)

PREPARATION: Place three cones 5 yards (4.572 meters) apart in a straight line.

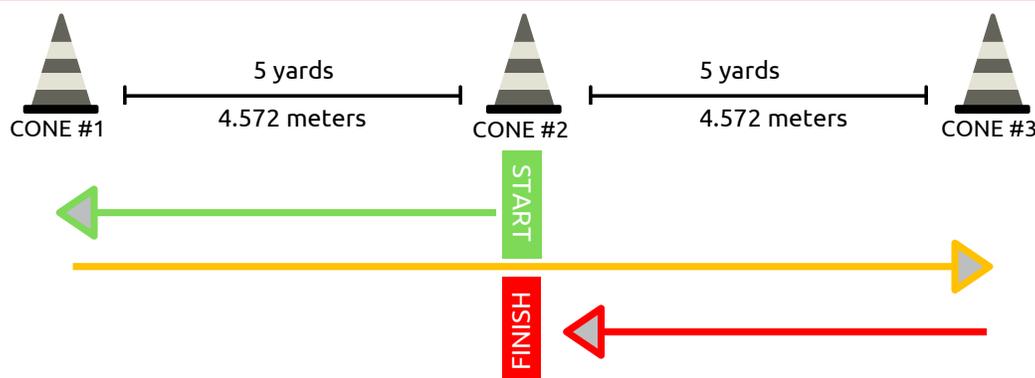
EXERCISE:

1. Have participant start at cone #2 in a good starting stance so they can sprint to cone #1.
2. Participant should sprint to cone #1 and touch the cone with their fingertips.
3. Participant should then turn and sprint to the cone #3 and touch cone #3 with their fingertips.
4. Participant should return to cone #2.

SCORING: Participant is timed for the entire exercise. The final score/time is based on the time it takes for participant to complete the 5-10-5 exercise.

MODIFICATIONS

Participants with lower body mobility issues can perform this test in a wheelchair. Participants start at cone #2 and face cone #1. Wheel quickly to cone #1. Turn tightly around the cone and wheel quickly to cone #3. Turn tightly around the cone and wheel quickly back to cone #2.





Week 2





Week 2 February 19th-25th



Special Olympics
Unified Champion
Schools

Competition: 5-10-5 Drill How fast can you complete the drill.

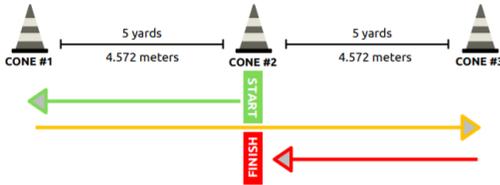
Compete against your teammates then **SUBMIT** the winner's top score. One top score per team/class.



Daily Workout: Try to work out 30 minutes a day 5 days a week

Get your body moving up by doing 3 sets of each of the following exercises

1



5-10-5 Agility Run/Roll 3 x in a row

2



One leg stand ball toss/ sitting ball toss

3

Jumping
Jacks



4

10 Push-ups or
Wall Push-ups



5

March in place
60 Seconds

Healthy Snacking

Goal

Snacking is a great way to make sure you are full of energy. It is important to keep your snacks healthy.

Tips to Share

Snacking is a great way to make sure you are full of energy. It is important to keep your snacks healthy.

Here are a few ideas for tasty snacks that are packed with fruits and vegetables:

- Apples and your favorite nut butter (peanut, almond, sunflower)
- Low-fat unsweetened yogurt with berries
- Low-fat cottage cheese with tomatoes
- Carrots or peppers dipped in hummus
- Celery with peanut butter and raisins

Make sure you have a healthy snack 2-3 hours before your workout, and 2 hours after your workout!



Week 2

MATERIALS

Stopwatch
Ball



1



2



3

PROCEDURE AND SCORING

EXERCISE:

1. Participant stands with their feet together and holding a ball in both hands.
2. Participant lifts one foot in the air and bends their knees keeping their other foot on the ground.
3. Participant reaches down and taps the floor to the one side of their body while keeping their balance.
4. Return to the starting upright position.
5. Repeat this exercise. If participant is a beginner at this exercise, they can reset each time by putting both feet on the ground and even alternating which foot they raise off of the ground.

Note: If participant would like a more advanced exercise, keep the same foot off the ground and repeat without losing balance as many times as possible in the prescribed time.

SCORING: Participant goes from the upright position to the floor touch position as many times as they can without losing their balance for 60 seconds. Count how many times they tap the ball in that 60-second timeframe for their total score.

**Use this exercise as an alternative to floor taps.

MATERIALS

Stopwatch
Chair or wheelchair

PROCEDURE AND SCORING

EXERCISE:

1. Participant will be seated with their arms extended out to both sides.
2. When time begins, participant will have 30 seconds to bend to the right as far as they can, and come back up to a normal sitting position.
3. Participant will then bend to the left as far as possible and return their normal sitting position.
4. Each lateral bend to the side and return to a normal seated position will count as one.

SCORING: This process will repeat for 30 seconds, and the amount of successful total bend and ups to normal seated position will count toward the final score.



MODIFICATIONS

This exercise can be performed seated in a chair or in a wheelchair.



Week 3 Feb 26- March 4th



Special Olympics
Unified Champion
Schools

Competition: Floor Taps- How many times can you touch the floor in 60 seconds. Compete against your teammates then **SUBMIT** the winner's top score. One top score per team/class.



Daily Workout: Try to work out 30 minutes a day 5 days a week

Get your body moving up by doing 3 sets of each of the following exercises

1



Floor Taps- Try it one legged or seated. 60 seconds

Torso Twist

3



2



Curl-ups 60 seconds

4

Frog Jumps



5

Arm /Leg Raises



Week 3

Cool Down and Post Workout Routine

Goal

When your workout, practice or sport session is complete, you should always cool-down. It is just as important to have a good cool-down as it is to have a good warm-up. A good cool-down allows the body to gradually return to a state of rest.

Tips to Share

A typical cool-down includes light aerobic activity followed by static stretching. The aerobic activity should gradually decrease in intensity/difficulty. It could be a short jog/walk at 50% intensity with some static stretches.

Not sure what stretches to do? Check out the Fit 5 Fitness Cards for Flexibility. These will teach you how to do different upper and lower body stretches. Try to focus on the major muscles that you used during your workout.

After you cool-down, it is important sure to refuel and rehydrate. Follow the Post-Workout Routine checklist for more tips!.

Healthy Habits



Week 4 March 5th- 11th

Competition: March Madness Bracket - Submit one bracket per team.



Daily Workout: Try to work out 30 minutes a day 5 days a week

Get your body moving up by doing 3 sets of each of the following exercises

1



Plank hold up to 60 seconds

3



Side Hops

2



Chair dips

4



Back Lunge

Lateral Arm Raise Hold

5



Sleep Rest and Recovery

Goal

After a workout, your body needs sufficient time to repair and refuel the muscles worked during exercise! Sleep and rest days can boost help recovery, focus and motivation, which makes it possible to bring your best self to any physical activity you choose.

Tips to Share

Doing 30 minutes of medium to hard physical activity 5 days a week is an important part of a healthy lifestyle. It is also important to give your body time off each week from exercise and get 7-9 hours of sleep every night.

After a workout, your body needs enough time to repair muscles used during exercise. Having two active rest days during the week and getting enough sleep every night boosts energy, focus, motivation and performance. This makes it possible to bring your best self to any physical activity you choose.



March Madness Bracket Challenge

**During Week 4 SONE
will send out a March
Madness Bracket!**

**Teams or Individuals
can complete one
bracket and submit
to health@sone.org!**



**Follow along and
see if you win the
bracket challenge!**

MATERIALS

Stopwatch

Sturdy chair with armrests and no wheels



PROCEDURE AND SCORING

EXERCISE:

1. Participant starts in a standing position with arms at their sides.
2. Participant jumps up and spreads legs apart as they swing their arms over their head. They should clap their hands together at the top.
3. Participant jumps again and bring their arms back to their sides and their legs together.
4. Repeat for allotted times.

NOTES: Participant must complete a full repetition (ex. go from start position, clap at the top, return to start position = 1 repetition) in order for it to be counted.

SCORING: Each successful repetition is counted for 60 seconds. No repetitions are counted after time runs out. No repetitions are counted for bad form. The count remains the same until a proper repetition is completed.

Week 4

MODIFICATIONS

Participants with lower body mobility issues can do Seated Jumping Jacks.

EXERCISE:

Participant will extend their arms out to the sides and then up above their head, clapping their hands. The arms will come back down to the side position. The process will continue for 60 seconds. Each time the participant claps hands above the head, a repetition is counted.

SCORING: The total number of repetitions done in 60 seconds is counted for the final score.



Week 5 March 12- March 18th



Special Olympics
Unified Champion
Schools

Competition: Jumping or Seated Jacks- How many times can you do in 60 seconds.
Compete against your teammates then **SUBMIT** the winner's top score. One top score per team/class.



Daily Workout: Try to work out 30 minutes a day 5 days a week

Get your body moving up by doing 3 sets of each of the following exercises



1

Jumping or Seated Jacks
60 seconds

3

Frog Jumps



4

Tricep Stretch



2

Curl-ups 60 seconds



Clock Taps

5



Week 5



Weather Safety

Goal

It is important to be prepared for exercising in different weather conditions so that you stay safe and prevent injuries.

Tips to Share

Outdoor exercise is good for your body and mind, no matter the time of year. As the seasons change from winter to spring, you might notice that the weather is also changing. It's important to be prepared to exercise in different weather conditions so that you stay safe and prevent injuries.

Here are some tips for exercising outside in colder weather:

- **Layer Up!** Wear multiple layers to keep you warm. Skip active wear made from cotton, which soaks up sweat and holds in moisture. You can remove layers as your body heats up.
- **Protect your extremities.** Fingers, ears, nose, and toes are affected most by chilly temperatures. To keep your extremities from freezing, wear a hat or headband and gloves or mittens. You can always take them off and tuck them in a pocket if you get warm. Thick socks also help.
- **Drink water.** The body's thirst signals might be delayed in colder temperatures, but you are still losing fluids through sweat and breathing in lower temperature. Remember to drink water before, during and after your workout.

MATERIALS

Stopwatch



PROCEDURE AND SCORING

EXERCISE:

1. Participant starts on hands and knees.
2. Participant straightens one leg at a time and put the balls of their feet on the floor.
3. Participant's hands are placed below their shoulders.
4. Participant's body should make a straight line from their heels to their shoulders.
5. Participant should keep their abdominal muscles tight and their back straight.
6. Participant should hold this position in the correct form for as long as possible.

NOTES:

1. Participant should always have a straight back and should never make an “A” body shape while completing this exercise.
2. Stop the test when correct form cannot be maintained for 5 seconds or longer. That means when any movement such as bending, sagging or swaying occurs at the elbows, shoulders, trunk or knees.

SCORING: Total time until participant breaks form is recorded. After the max of 55 seconds the max score has been achieved.

MODIFICATIONS

Participants with mobility impairments in the hands, wrists or forearms can complete this test with their elbows and forearms on the ground. Note that this test is more difficult so form should be monitored even more closely.



Week 6 March 19th-25th

Competition: Plank- How many times can you touch the floor in 60 seconds. Can be adapted to wall plank or seated arm hold from a chair.

Compete against your teammates then **SUBMIT** the winner's top score. One top score per team/class.

Daily Workout: Try to work out 30 minutes a day 5 days a week

Get your body moving up by doing 3 sets of each of the following exercises

1



Plan hold up to 60 seconds

3



Side Hops

2



Chair dips

4



Lateral Arm
Raise Hold



Healthy Habits

Week 6

Goal

Your body needs water to keep it working properly. Drink enough water throughout the day to stay healthy, hydrated and perform at your best.

Tips to Share

Water is an important fuel for sports and life. Drinking the right amount of water is important for your health and can help your sport performance.

Did you know that dehydration of 1-2% of your body weight can decrease your sport performance?

You lose water every day when you go to the bathroom, sweat, and even when you breathe. If you lose too much water without drinking more, your body won't work as well.

Don't wait until you are thirsty for a drink – drink water before, during and after your workout or sport practice. It will be hot in Orlando, Florida, so it is especially important to watch out for the signs of dehydration:

- **You feel thirsty**
- **You are tired or sluggish**
- **You have a headache**
- **Your mouth is dry**
- **Your urine is dark yellow or brown**

Talk to your coach if you think you are dehydrated. Drink water right away, slow down and cool off.



ADAPTED MOVEMENTS

Use the movements on
the following pages for
adapted use.

MATERIALS

Stopwatch

GOAL

The seated jumping jack will test range of motion and aerobic capacity. See how many you can do in one minute.

PROCEDURE AND SCORING

PREPARATION:

The athlete should start in a comfortable, seated position in a chair or their mobility assistive device. Make sure the chair or device cannot move during exercise.

EXERCISE:

1. Sit tall in your chair.
2. Start with your arms by your sides.
3. Raise both arms out to the side and over your head.
4. Return your arms to your sides and repeat.
5. Do as many as you can in one minute with good form.

SCORING: One point for each jumping jack done in under one minute. Record the points in the score sheet.



MATERIALS

Stopwatch

GOAL

A seated back extension measures not only your core strength but your ability to maintain your upper body balance and endurance. Core strength is an important part of good posture in your chair.

PROCEDURE AND SCORING

PREPARATION:

The athlete should start in a comfortable, seated position in a chair or their mobility assistive device. Make sure the chair or device cannot move during exercise.

EXERCISE:

1. Sit tall in your chair.
2. Cross both arms across your chest.
3. Bend forward at the waist until your arms touch your thighs.
4. Return to the starting position.
5. Do as many chair back extensions as you can in a minute.

SCORING: One point each for each chair back extension done correctly in under one minute. Record the number of total back extensions on the score sheet.



MATERIALS

Stopwatch

GOAL

The knee extension exercise will help to test and strengthen the legs, hips and core muscles. How many can you do in one minute?

PROCEDURE AND SCORING

EXERCISE:

1. Sit tall with both feet flat on the floor.
2. Lift your leg and straighten your knee completely.
3. Hold your leg out for one second, then lower your leg back down. Repeat on opposite side.
4. Repeat for one minute.

SCORING: One point each for each knee extension completed in the one minute.



MATERIALS

Measuring Tape

GOAL

Flexibility in the hamstring and heel areas is important to increase available range of motion, reduce pain from shortening muscles and improve circulation. How close can you get to touching your toes in a seated position?

PROCEDURE AND SCORING

PREPARATION: Make sure the athlete has warmed up and stretched prior to attempting the sit & reach. The athlete should start in a comfortable, seated position in a chair or their mobility assistive device. Make sure the chair or device cannot move during exercise. If the athlete's chair has leg supports that can be adjusted, lift the supports so their legs are fully extended. If they do not have a chair that can be adjusted, place another chair in front of the athlete and put their legs on it, so they are straight. Stretch out a tape measure and put the end next to or between the knee caps.

EXERCISE:

1. Sit tall in your chair.
2. Raise your arms straight above your head with one hand on top of the other.
3. Lean forward at the hips and reach for your toes as far as you can.
4. Where ever your fingers land on the tape measure, that is your score.

SCORING: Use a tape measure to measure the distance from the knees to the finger tips. The easiest way to do this is to put the 0" end of the tape measure next to or between the athletes knees and measure to their fingertips when they bend forward. Record the total number of inches in the score sheet.



MATERIALS

Stopwatch

GOAL

Toe & Heel Taps will help with ankle mobility. They will strengthen the muscles in your foot, ankle and calf and help you to walk. How many toe and heel taps can you do in one minute?

PROCEDURE AND SCORING

PREPARATION:

The athlete should start in a comfortable, seated position in a chair or their mobility assistive device. Make sure the chair or device cannot move during exercise.

EXERCISE:

1. Start with your feet flat on the floor.
2. Lift your heels up but keep your toes on the floor.
3. Bring your heels down, then lift your toes up keeping your heels on the floor.
4. Put toes down and repeat for one minute.

SCORING: One toe lift and heel lift = one point. If the athlete needs to do one foot at a time, do each foot separately for 30 seconds each, for a total of one minute.





WHY IS IT IMPORTANT FOR ATHLETES TO PARTICIPATE?!



6.5 million people in the United States have an intellectual disability. Through **sports, health, and fitness**, we can change the statistics below for people with ID and become a **stronger, healthier, and more unified community**.

2 TIMES
as likely to be
OBESE



2-4 TIMES
as likely to be less
PHYSICALLY ACTIVE



LIFE EXPECTANCY
is reduced by an average of
16 YEARS



5 TIMES
as likely to have
DIABETES



2 TIMES
as likely to
CARDIOVASCULAR
have **DISEASE**
ASTHMA
&

Roll 2 dice and make some animal moves!

Animal Moves

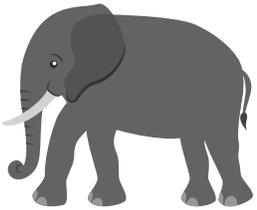


2 Kangaroo Hops

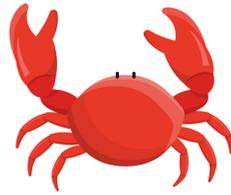
3



Parrot Flaps



4 Elephant Stomps



Crab Walks **5**

6

Giraffe Stretches



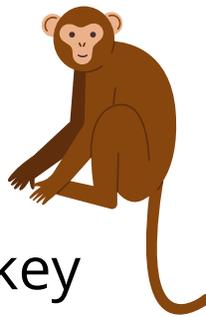
Frog Hops

7



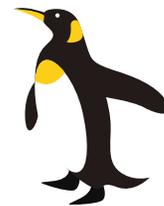
8

Monkey Scratches



9

Penguin Waddles



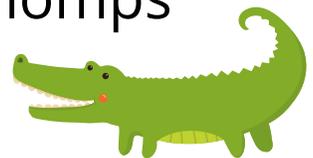
Butterfly Flaps

10



11 Flamingo Stands

Crocodile Chomps



12



Jump Rope Workout

How many rounds can you do?



Jump rope 30 seconds. Rest 30 seconds.



Ski Jumps- Place your rope in a straight line and jump back and forth across it. Do this for 30 seconds then rest 30 seconds.



Jump rope 30 seconds. Rest 30 seconds.



Donut jumps- make a circle with your rope. Jump in with both feet, then out with both feet. Do this for 30 seconds then rest 30 seconds.



Jump rope 30 seconds. Try double-unders or criss-crossing your arms between jumps!

Name:

If your school principal or boss at work asked you to give them advice on ways to make the building more inclusive and welcoming for ALL students, what new solutions or recommendations would you give?

Suggestion 1

Suggestion 2
