

UNIFIED CHAMPION SCHOOLS

Early Education Pilot
Schools' Toolkit



Special Olympics
United Arab Emirates
**Unified Champion
Schools**

“Our children are raised with these values that are innate within UAE society and we are working to reinforce them through national projects and initiatives, which brings communities together in the spirit of inclusion.”

**His Highness Sheikh Mohamed bin
Zayed Al Nahyan**

Crown Prince of Abu Dhabi and Deputy Supreme
Commander
of the UAE Armed Forces



About Special Olympics (SO)

Special Olympics International is a global organization established in 1968, that serves thousands of Athletes of Determination. It provides year-round sports training and athletic competitions in a variety of Olympic-type sports for children and adults with intellectual disabilities.

Special Olympics UAE was founded in 1990, dedicated to serving athletes with intellectual disabilities through sports competition. Special Olympics UAE was declared an independent entity governed by its own Board of Directors in 2017.

Special Olympics UAE works with schools, students, and parents across the UAE to emphasize inclusion, independent thinking, and to unite students of all abilities.



What is Unified Champion Schools (UCS)?

The Unified Champion Schools (UCS) program aims to promote social inclusion through intentionally planned and implemented activities affecting systems-wide change. With sports as the foundation, the three-component model offers a unique combination of effective activities that equip young people with tools and training to create climates of acceptance.



Roadmap to becoming a Unified School

The first step is registration to the UCS program. To register your school, please follow this link:

specialolympics.ae



1 REGISTRATION	2 UNIFIED SCHOOL
Register through the link	Select one or more Unified Sports
Assign UCS Coordinator	Apply in at least one semester

UCS Coordinator Role:

Every school is required to assign a program coordinator, may be SEN, PE or any other member of staff. This person will be the point of contact responsible for communication with SOUAE, the collection of students' rosters and reporting at end of every semester. The UCS Coordinator is encouraged to divide and assign programs to other teachers, for example, PE teacher to run Unified Sports – Science teacher to run Unified Robotics – Drama teacher for Unified Leaders Club.

School Status:

- School will gain Unified School status if Unified Sports is offered and reported.



Unified Sports



WHY SPORTS?

Sports can provide a way to break down barriers and promote **inclusion**. It helps reduce stigma and discrimination and changes the attitude of sports custodians in schools, who have the power to permit or deny children the right to take part in physical activity.





The Daily Mile



What is the Daily Mile?

The Daily Mile involves children jogging or running for 15 minutes, at their own pace, every school day.

Younger children run on average one mile in 15 minutes hence the name: The Daily Mile.

It's free and simple to do. UAE studies prove The Daily Mile makes children fitter, healthier, happier and more focused in the classroom.



The Daily Mile cont'd



Why The Daily Mile?

The aim of The Daily Mile is to improve the physical, social, emotional and mental health, and wellbeing of our children – regardless of age, ability or personal circumstances.

It is a profoundly simple but effective concept, which any school can implement completely free of charge and without the need for staff training. Its impact can be transformational – improving not only the children's fitness, but also their attainment, mood, behavior and general wellbeing. The Daily Mile is not sport or PE, but health and wellbeing through daily physical activity.

For more information, please visit:

[The Daily Mile UAE – Children Fit For Life](#)

Creating Inclusion

Special Olympics UAE engages and empowers a generation that is passionate about inclusion, so early education is one of the first places to start this important task.

This initiative will:



Create a of
compassionate
generation



Increase inclusion
in schools and
activities



Raise awareness
and create impact
across the UAE



Improve all
children's fitness
and wellbeing

Creating Inclusion

How to promote inclusion within The Daily Mile

- Students can run together complete the route together as unified pairs. Unified pairs consist of one athlete (student with ID/DD) and one unified partner (student without ID).
- Have a unified pair plan the route with a teacher, allowing athletes to have an active role.
- Create signs to cheer students on. Signs can be designed and created in unified pairs.
- Create different job roles and ensure student of determination have active roles (all are optional)
 - Starter - 1 student can start off the run with a 1,2,3 countdown!
 - Record keeper- a unified groups of students can support teachers in marking off the daily mile and counting number of students.
 - Time-keeper- a unified pair of students can support in starting and stopping the 15- minute timer.
 - Cheerleaders- unified group of students can be responsible for cheering the group on or placing motivational signs up.
 - Unified pairs can share their experience with Daily Mile during show and tell or sharing circles.



Adaptions

IF THE WEATHER IS TOO HOT OUTDOORS:



Indoor Gym



Small space can be made into obstacle course

IF THERE IS NOT ENOUGH SPACE:



Create groups



Obstacle course



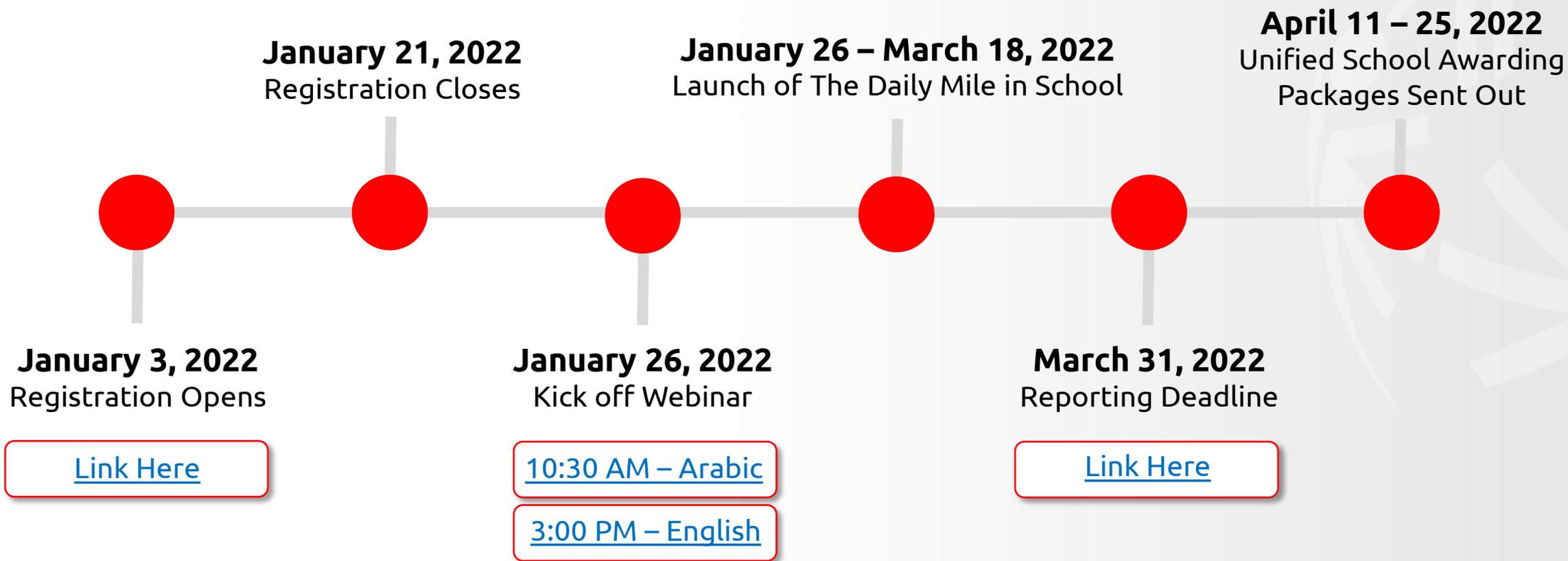
Utilize hallways

IF THERE ARE PHYSICAL MOBILITY CHALLENGES:



Adapt activity for partner pair (make sure to include other students in adapted activities) Example: throwing a ball, seated exercises

Timeline



	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						

الأولمبياد الخاص
الإمارات العربية المتحدة
مدارس الأبطال
الموحدة



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Let me win.

But if I cannot win,

**let me be brave
in the attempt.**

- Special Olympics athlete oath



CONTACT US

PHONE

+971 58 563 8399

EMAIL US

ucs@specialolympics.ae
ucs@placecomms.com

WEBSITE

www.specialolympics.ae

SOCIAL MEDIA

