



Special Olympics
Unified Sports®



PRESENTS

ALPHABET FITNESS CHALLENGE RULES:

Pick a word or sentence with at least 8 letters

Do the challenges associated with those letters to gain points

HOW TO ENTER:

- 1) Create a Unified Team with your school
- 2) Get a picture or video of each task that falls under the letter that is associated with the word or sentence that you are attempting to complete
- 3) Send all the pictures/videos along with the sentence you are completing, what team/school you are playing with, and the amount of athletes and partners are on that team to emily@asaa.ca

- Follow any Covid-19 guidelines put forth by the GoA, AHS, or your school jurisdiction
- A school can submit more than one team. There is no max number of students that can be on a team
- A team must consist of at least one athlete and one partner
- Members of a team must be from the same school in grades 9-12
- Pictures can be taken anywhere where the team is being safe and following proper protocols
- Teams may submit more than one photo/video for each task to earn extra points
- All videos/photos that are submitted to this fitness challenge may be shared by ASAA and Special Olympics Alberta on their respective social medias accounts, websites, or other publications. If your school requires exemption from any rule please contact Emily at emily@asaa.ca

Contest Dates: October 03-23
Winners will be announced the week after
with prizes to follow

UNIFIED SPORTS ALPHABET FITNESS CHALLENGE

- A: ATHLETES AND ARTISTS: CREATE YOUR VERSION OF WHAT ASAA AND UNIFIED SPORTS MEANS TO YOU. YOU COULD DRAW OUR LOGO, PAINT YOURSELF PLAYING A GAME OF BASKETBALL, WRITE YOUR FAVOURITE TEAM IN THE SNOW, ETC. (1 POINT PER CREATION)**
- B: BRAIN POWER: PLAY ONE OF YOUR FAVOURITE UNIFIED SPORTS IN A CLASS ROOM THAT ISN'T THE GYM. HINT: SHOW US HOW YOU CAN PLAY WITH DESKS AND STUDENTS IN THE WAY (1 POINT PER SPORT)**
- C: COLOR CRAZE: SEND US A PICTURE OF YOU DRESSED IN YOUR SCHOOL COLOURS (1 POINT PER ATHLETE)**
- D: DYNAMIC WORK OUT: SHOW US HOW YOUR UNIFIED TEAM WORKS OUT DURING PRACTICE (1 POINT PER EXERCISE)**
- E: EXERCISE TIME: SHOW US YOUR FAVOURITE WARM UP THAT YOU DO WHILE PRACTICING FOR UNIFIED SPORTS (1 POINT PER EXERCISE)**
- F: FEEL GOOD SONG: SEND A 10 SECOND VIDEO OF YOUR TEAM DANCING TO THEIR FAVOURITE SONG (1 POINT)**
- G: GOING ON AN ADVENTURE: SHOW US YOUR UNIFIED SPORTS PRIDE IN YOUR FAVOURITE PART OF YOUR SCHOOL OR YOUR HOUSE. EX/ OUTSIDE IN THE SPORTS FIELD, IN THE CAFETERIA, IN YOUR KITCHEN, ETC. (1 POINT PER ATHLETE)**
- H: HYDRATION IS KEY: SEND US A PICTURE OF YOU DRINKING WATER OUT OF YOUR FAVOURITE WATER BOTTLE, CUP, FOUNTAIN, ETC (1 POINT PER CONTAINER)**
- I: IN SEARCH OF SOME FOLLOWERS: FIND SOME TEACHERS IN YOUR SCHOOL AND TAKE A PICTURE OF YOU AND THEM HOLDING UP A UNIFIED SPORTS SIGN (1 POINT PER TEACHER)**
- J: JOKES: SEND IN YOUR FAVOURITE JOKE TO MAKE US LAUGH (1 POINT PER JOKE)**
- K: KICKBOXING KIDS: FIND A SAFE WAY TO SHOW OFF YOUR KICKBOXING SKILLS AND SEND IN A PICTURE. EX/ INTO A PILLOW, IN THE AIR, ON A MATT, OUTSIDE ON THE GRASS (1 POINT PER ATHLETE)**
- L: LOWER BODY LEGS: SNAP A PICTURE OF YOUR TEAM DOING THEIR FAVOURITE LOWER BODY EXERCISE (1 POINT PER DIFFERENT EXERCISE)**

- **M: MAKE SOME NOISE: SHOW US HOW YOU CELEBRATE DURING A UNIFIED SPORTS EVENT (1 POINT)**
- **N: NUTRITIOUS SNACK: SNAP A PICTURE OF YOUR FAVOURITE HEALTHY SNACK (1 POINT PER SNACK)**
- **O: OLYMPIANS: SEND IN A PICTURE OF YOUR ATHLETES DOING A DIY OF THEIR FAVOURITE OLYMPIC SPORT (1 POINT PER SPORT)**
- **P: PICTURE IS WORTH A THOUSAND WORDS: SNAP A PICTURE OF YOUR TEAM SHOWING US HOW EXCITED THEY ARE FOR THIS SEASON OF UNIFIED SPORTS (1 POINT)**
- **Q: QUESTION OF THE DAY: WHAT IS YOUR FAVORITE PART ABOUT UNIFIED SPORTS? SEND IN YOUR ANSWER (1 POINT PER PERSON)**
- **R: RELAXATION STATION: SNAP A PICTURE OF WHAT YOUR TEAM DOES TO UNWIND AND RELAX (1 POINT PER ACTIVITY)**
- **S: SCHOOL PRIDE: SHOW OFF YOUR SCHOOL SWAG AND SNAP A PICTURE OF YOU IN CLOTHES THAT HAVE YOUR SCHOOL LOGO OR COLOURS ON IT (1 POINT PER PERSON WEARING SWAG)**
- **T: TELL YOUR STORY- TELL US YOUR FAVOURITE MEMORY OF YOUR TIME WITH UNIFIED SPORTS (1 POINT PER STORY)**
- **U: UPPER BODY ROCKS: SNAP A PICTURE OF YOUR TEAM DOING THEIR FAVOURITE UPPER BODY EXERCISE (1 POINT PER DIFFERENT EXERCISE)**
- **V: VERY TALENTED ATHLETE: SEND IN A VIDEO OF YOUR FAVOURITE TALENT YOU CAN DO OR YOUR FAVOURITE PART OF YOURSELF (1 POINT PER PERSON)**
- **W: WALK: GO FOR A OUTDOOR WALK AND SNAP A PICTURE OF A COOL CLOUD (1 POINT FOR EACH WALK YOU GO ON)**
- **X: XTREME SPORTS: SNAP A PICTURE OF YOU DOING YOUR FAVOURITE SPORT BUT WITH A TWIST. COULD BE A DIFFERENT BALL THAN WHAT IS USUALLY USED DURING PLAY, WITH YOUR JERSEYS ON BACKWARDS, ON THE GRASS INSTEAD OF THE COURT, IN A SILLY OUTFIT, ETC. (1 POINT PER PLOT TWIST)**
- **Y: YOGI BEARS: SNAP A PICTURE OF YOUR FAVOURITE YOGA OR BALANCING POSE (1 POINT FOR EVERY POSE)**
- **Z: CATCHING SOME ZZZZ: SHOW US YOUR FAVOURITE PLACE TO RELAX IN YOUR SCHOOL (1 POINT PER ATHLETE)**