

What Parents and Caregivers need to know

What is FUNdamentals?

FUNdamentals, a program offered by Special Olympics Canada, is designed to introduce the values of positive movement experiences, the importance of nutrition, and sport-specific activities aimed at improving basic motor and sport skills in youth aged 7 - 12 years with an intellectual disability.

FUNdamentals is the second stage in the Long Term Athlete Development Model (LTAD), a framework for developing physical literacy, physical fitness, and competitive ability, using a stage-by-stage approach. The LTAD allows athletes the flexibility to move between competitive and recreational streams so that they are active and healthy throughout their lives. Special Olympics Canada supports development opportunities for young athletes on the road to becoming active for life.

How is the program structured?

Sessions offer participants an excellent opportunity to improve physical, social, and cognitive abilities to prepare them for successful participation in future athletic endeavours and in everyday activities. Sessions are facilitated by

trained coaches and take place in a safe environment. Coaches encourage parents to apply the educational information learned in each session to provide similar opportunities in the home environment.

What are the benefits to parents?

The FUNdamentals program educates parents and caregivers about the value of sport in their child's life. Participation in the program expands networks and support systems. Parents have peace of mind that their child is in the hands of trained coaches in a safe environment.

What are the benefits to participants?

- Introduces the importance of family involvement in facilitating the growth in young athlete self-esteem, confidence, and ability to socialize with peers and in group settings.
- Provides opportunities for young athletes to develop physical, cognitive, and social skills, and to build self-esteem while developing a sense of belonging.
- Promotes opportunities for young athletes to be happy, active, and laughing alongside their peers.



"Before FUNdamentals, there were no programs geared towards Ben's age group at his level of ability. Each week we see that Ben has become more confident in his abilities and his understanding of living a healthy lifestyle. FUNdamentals is a great program that I would highly recommend to anyone considering it!"

Donna MacDonald,
Ben's Mother

- Provides a continuation for those who have graduated from the Active Start program and are looking to develop more sport-specific skills that will contribute to future sport participation.

Special Olympics Canada is dedicated to enriching the lives of Canadians with an intellectual disability through sport.