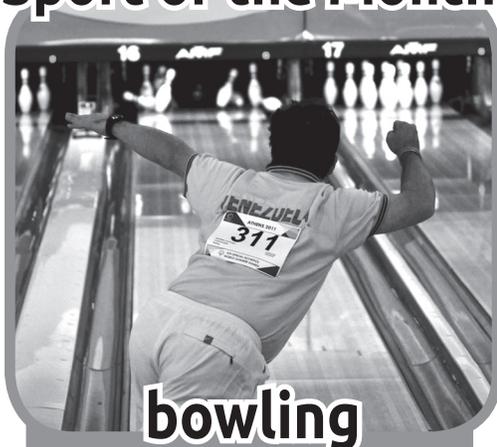


# Grades 9–12 **November** Sport of the Month



## bowling

Although bowling is not part of the Olympics, it is among the most popular sports in Special Olympics. Participants of many different ages and with different degrees of athletic ability can participate. They benefit not only from the exercise but also from the social aspects of the game.

Dear Student,

We continue to work with Special Olympics to reverse the trend of discrimination against people with intellectual disabilities. This month, we've used the Special Olympics sport of bowling to look at the importance of fairness in the lives of Special Olympics athletes, as well as in your life.

Fairness is important to us in our lives within the classroom, the school community, and the world at large. We are emphasizing the need to play fairly, honestly, and cooperatively in sports, games, and contests.

As a class, we have examined ways in which we can promote fairness. We developed a fairness and unity oath for our classroom. And we learned how sport can teach us more about ourselves and the value of fairness by looking at how the fairness of Special Olympics games impacts all its athletes and coaches.

You, your family, and your friends can reinforce learning that is going on in our classroom.

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teacher signature

## This month's theme: **fairness**

One lesson we discuss this month involves taking oaths. We asked: What is an oath? Can you think of others who are required to take an oath? (presidents, public officials, Boy Scouts, Girl Scouts, witnesses in a courtroom) Why do people take oaths?

Next, we read aloud and write the Special Olympics Athlete Oath on the board: *Let me win. But if I cannot win, let me be brave in the attempt.* We explain that Special Olympics participants take this oath before competing in the games, and that gladiators spoke these same words in ancient Rome as they entered the arena, prepared for battle.

What do you think of the Special Olympics Athlete Oath? Think about sports or other activities you participate in: Will the oath help you play a more fair, inclusive and enjoyable game next time?



## What you can do:



**Take action** This month, we're spotlighting the Special Olympics sport of bowling. Bowling can be enjoyed by just about anyone of any age and any ability. It's a very social sport and almost everything you need to play is provided by the bowling alley.

Invite friends and family members to a local bowling alley or set up a game of hallway bowling at home using empty plastic bottles and a lightweight ball. It's a great way to stay active during the winter, and a great way to have fun. Make your bowling match a multi-generational activity that offsets participants' ages and skill levels with rules and accommodations for equal participation.

Most of all, get out and have fun!