

Grades K-2

November

Sport of the Month

Special Olympics



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 Family,

We continue to work with Special Olympics to reverse discrimination against people with intellectual disabilities. This month, we will use 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 child's 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 honestly and cooperatively in sports, games, and contests.

As a class, we will examine ways in which we can promote fairness, including developing a class oath. We will also learn how sports can teach us more about ourselves and the value of fairness by looking at how Special Olympics games impact all the athletes and coaches.

You, your family, and your friends can reinforce learning that is going on in our classroom. We appreciate the time and attention you give to helping our school community with this important effort.

teacher signature

This month's theme: **fairness**

One lesson we'll discuss this month involves taking oaths. We'll cover questions like these: 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?

We'll also learn the Special Olympics Athlete Oath: *Let me win. But if I cannot win, let me be brave in the attempt.* Special Olympics athletes take this oath before competing in the games, and gladiators spoke these same words in ancient Rome as they entered the arena and prepared for battle.

Now it's your turn. Ask your child: What do you think of the Special Olympics Athlete Oath? Ask him or her to think about sports or competitive activities in which they're participating, whether it's an organized sport or a game of tag in the backyard. Will the oath help them play a more fair, inclusive, and enjoyable game next time?



What you can do:



This month, we're spotlighting the Special Olympics sport of bowling, which 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.

Take your child and other 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 multigenerational activity that offsets participants' ages and skill levels with rules and accommodations for equal participation.

Most of all, get out and have fun!