



# Motor Activities Training Program



## **SOMI-Specific Information**

### **Culminating State Events:**

State Summer Games

### **Events Offered:**

Manual Wheelchair

Electric Wheelchair

Dexterity

Striking

Kicking

Aquatics (Offered locally)

Mobility

## **Equipment & Uniforms**

1. The following are suggested equipment needed to conduct a motor activities event:  
Balls and Bean Bags Bats and Sticks Batting Tees Ramps Bolsters Mats Flotation Devices  
Scooter Boards
2. Motor Activity Training Program athletes are Special Olympics athletes. Therefore, they should be dressed like their fellow Special Olympics athletes, to the greatest extent possible. Clothing should be comfortable and appropriate for the weather conditions but should also allow athletes to move freely in their sport activity.
3. Denim should not be worn.

## **General Rules**

1. The Motor Activities Training Program (MATP) is designed for persons with severe and profound handicaps, who do not yet possess the physical and/or behavioral skills necessary to participate in official Special Olympics sports.
2. The program provides a comprehensive motor activity training curriculum that can be administered by trainers such as physical educators, recreation personnel and therapists. In addition, direct care workers, parents, and volunteers will find the MATP helpful in developing appropriate motor programs for individuals with severe handicaps. MATP emphasizes training and participation rather than competition.
3. Areas must have coaches trained and certified, and are encouraged to host local training days in their area. Special Olympics Michigan offers MATP events at the State Summer Games.
4. In order to qualify for participation at the State Summer Games in MATP events, the following procedures must be followed:
  - I. Coaches must attend one of the MATP training schools offered through SOMI and be certified.
  - II. Must provide a 1 chaperone to 1 athlete ratio for all attendees. \* Due to the specific training required, area chaperones will be responsible for all lifting and movement of the athletes.
  - III. Athletes must have trained for eight weeks. Specially prepared meals must be handled by the area. Shoes: Tennis shoes or soft-soled athletic shoes are recommended.
  - IV. MATP participants who are capable of coming for the entire Summer Games and staying with the delegation may do so.

## Levels

1. The Motor Activities Training Program does not require a score, but the athlete entered into the event should have a designated level:
2. Mobility: Level I participant will hold head off mat when placed on abdomen. Level II participant rolls to back when placed on abdomen. Level III participant will roll from stomach to back and back to stomach.
3. Dexterity: Level I participant will grasp and hold object. Level II will grasp and move object. Level III will grasp, move and release object toward target. Level IV will toss a soft shot put.
4. Striking: Level I participant touches object that is placed next to his/her hand. Level II will push ball off tee. Level III participant forcefully swings arm and strikes ball off tee.
5. Kicking: Level I participant will touch ball with foot. Level II participant will push ball forward with foot. Level III participant will kick ball forward. Manual wheelchair: Level I participant will place hands on wheels of wheelchair. Level II participant pushes wheels of wheelchair with assistance. Level III pushes wheelchair forward 3-5 feet independently.
6. Electric wheelchair: Level I participant will touch switch on electric wheelchair. Level II participant propels electric wheelchair by pushing switch. Level III propels electric wheelchair in forward direction by manipulating switch.
7. Aquatics: Level I participants will tolerate water for increasing periods of time. Level II floats on his/her back using flotation device. Level III participants propel self in water. Level IV participants swims forward in water.