WHY MATP®?

SCHOOL GAMES

What are the benefits of playing my sport?

- Increased physical activity leading to improvement in motor skills, physical fitness and functional ability.
- More opportunities to perform meaningful sports activities.
- Development of a more positive self-image through skill acquisition.
- Greater staff and family interaction through sport involvement.
- More opportunities to develop friendships with other athletes, peers, family members and engage the community.
- The opportunity to be genuinely celebrated in a meaningful way by peers, teachers, support staff, family and friends.

Top Tip

Teachers, PE leads and support staff at West SILC school in Leeds have found that MATP® provides meaningful PE, sport and physical activity opportunities for their students with PMLD and complex needs.

MATP® allows the opportunity for their students to:

- Have a go and try different MATP® activities at MATP® School Games Come and Try events (intra, inter and county levels).
- To train weekly to develop sport specific motor skills as part of their PE curriculum.
- This weekly MATP® training is then showcased and celebrated at School Games MATP® Challenge Events (intra, inter and county levels).

To ensure all students could progress and thrive in PE and school sport, West SILC has utilised their government PE and sport premium grant to help develop and sustain this unique MATP® PE and school sport opportunity and pathway. This led to the West SILC school being awarded the Yorkshire Sport PE Premium Award in the category of 'Increased Participation in Competition'.

Motor Activity Training Programme

Special Olympics Great Britain

TEAM GB

ParalympicsGB

Department for Digital, Culture, Media & Sport

change 4 life

SPORT ENGLAND

LOTTERY FUNDED

YOUTH SPORT TRUST

Motor Activity Training Programme - MATP® was developed by Special Olympics and it is a movement-based sports programme that provides meaningful PE, sport and physical activity for young people with severe/profound, multiple impairments (PMLD) and Complex Support Needs. Sport specific motor skills are developed within four core movement areas: Mobility (gross motor skills), Dexterity (fine motor skills), Kicking (lower body skills), and Striking (upper body skills).

Young people with PMLD and complex needs are often not included in any meaningful forms of PE and school sport, so MATP® is very beneficial in many ways.

Spirit of the Games: Excellence through competition.

How does your sport exemplify these values?

Passion
I am passionate to showcase the MATP® skills that I have learnt and celebrate my achievements.

Team work
Within my team I encourage my peers by watching and celebrating their individual MATP® skills and achievements.

Respect
I respect my fellow peers taking part in MATP® and thank those that support me to achieve my goals.

Honesty
I will always be honest and try my hardest to showcase my MATP® achievements.

Self-belief
I fully believe in myself and I am excited to showcase my MATP® achievements to others.

Determination
I am very determined however difficult or easy to showcase and celebrate the MATP® skills that I have been training towards - with determination comes success.

Relevant web links

www.specialolympicsgb.org.uk/sports/motor-activities-training-programme

www.topsportsability.co.uk/members/resources/elements/sensory-and-movement-programme

www.youtube.com/watch?v=wBHW6hzcU7E

www.youtube.com/watch?v=CzX4e7NdFUY

www.youtube.com/watch?v=1s9TPprOI28

Full training and support will be available through YST lead inclusion schools and SOGB MATP® team.

Why is it easy to run competitions in your sport?

We like to keep it simple with MATP®.

MATP® is a weekly sport specific motor skill training programme that can be embedded into a school's curriculum PE for all students with PMLD and Complex Support Needs.

These weekly MATP® training sessions in PE can be linked to a unique School Games MATP® competition pathway through TWO separate MATP® competition formats:

1. MATP® Come and Try event (like a carousal festival event).
2. MATP® Challenge Day Event (official event which requires students to have trained prior to the event for 8-12 weeks).

There are two separate School Games MATP® cards available to help run and support both MATP® School Games events.

More in-depth guidance, CPD training and mentoring is available through the MATP® team at Special Olympics GB (SOGB) to help develop MATP® within your school and within your School Games. Additional introduction to MATP® resources are also available at:

www.topsportsability.co.uk/members/resources/elements/sensory-and-movement-programme

Young leader/officials courses/qualifications available

MATP® Peer Leader programme is available so that young leaders can support the delivery of the programme in schools or MATP® Come and Try and/or MATP® Challenge Events.

MATP® Peer Leaders can be trained before an MATP® programme or prior to an MATP® event (on the day before an event happens).

Where do young people go next (from school to club/community)?

Pathways exist in MATP® beyond School Games. MATP® is available in a specialised further education (FEI) settings and community support provision.

Many of our MATP® athletes transition onto FEI and community support provision and access MATP® if a pathway exists in their geographical area.

www.specialolympicsgb.org.uk/sports/motor-activities-training-programme

Through the work of Ellesmere College in Leicester, MATP® has been established in SEN primary and secondary schools, specialist FEI colleges, local authority/independent day community support provision and weekend community MATP® groups. These school and community MATP® groups come together once a year to celebrate their achievements at a countywide MATP® Challenge event.

Priority competitions:

MATP® Come and Try event:

Introduction to MATP® have a go activity festival – similar to a School Games carousel festival event.

- **Age group:**

  3 years - 21+ years

  Primary, Secondary and Further Education – SEN and Specialist Education

  Mixed gender as personal challenge rather than competition

- **Level/location:**

  Intra School Competition (Level 1)

  Inter School Competition (Level 2)

  County Final – Inter School Competition (Level 3)

  National – SOGB National Summer Games venues

- **Who runs it:**

  Intra School Competition (Level 1) and Inter School Competition (Level 2) can be implemented and run by PMLD teachers and PE leads from SEN schools (SGOs to support/young leaders can support too).

  County Final – Inter School Competition (Level 3) is run by SGOs in partnership with PMLD/SEN teachers, YST Lead Inclusion Schools and young leaders (support and guidance with planning from Special Olympics GB MATP® team).

  National Level events run Special Olympics GB MATP® teams.

- **How to enter:**

  Entry to Intra School Competition (Level 1) and Inter School Competition (Level 2) via lead PMLD teachers and PE leads from SEN schools.

  Entry to County Final – Inter School Competition (Level 3) via SGOs (in partnership with PMLD/SEN teachers, YST Lead Inclusion Schools).

  Entry to National Level events via Special Olympics GB MATP® teams.

- **When:**

  Dates and timings to be agreed with SEN schools, SOGB MATP® team, SGOs (depending on type of competition) and YST Lead Inclusion Schools.

  These events usually take place at Intra School Competition (Level 1) and Inter School Competition (Level 2) throughout the year and at County Final - Inter School Competition (Level 3) at the Winter and/or Summer County School Games.

  National level events take place every four years at the SOGB National Summer Games.

- **Next steps:**

  All MATP® Come and Try events can lead to CPD training for interested SEN schools so that they can implement MATP® into their weekly PE and school sport curriculum.

WWW.YOURSCHOOLGAMES.COM

Motor Activity Training Programme

Special Olympics Great Britain

NB: The Special Olympics Great Britain MATP® team need to sign off and sanction all MATP® Challenge events and MATP® ***Come and Try*** due to trademark, branding, health/safety and connectivity requirements. ***To complete this short process please contact*** matp@sogb.org.uk

Priority competitions:

MATP® Challenge Day Event:

Official event which requires students to have done 8-12 weeks' MATP® training prior to the event.

- **Age group:**

  3 years - 21+ years

  Primary, Secondary and Further Education – SEN and Specialist Education

  Mixed gender as personal challenge rather than competition

- **Level / location:**

  Intra School Competition (Level 1)

  Inter School Competition (Level 2)

  County Final – Inter School Competition (Level 3)

  National – National Summer Games venues

- **Who runs it:**

  Intra School Competition (Level 1) and Inter School Competition (Level 2) can be implemented and run by PMLD teachers and PE leads from SEN schools (SGOs to support/young leaders can support too).

  County Final – Inter School Competition (Level 3) is run by SGOs in partnership with PMLD/SEN teachers, YST Lead Inclusion Schools and young leaders (support and guidance with planning from Special Olympics GB MATP® team).

  National Level events run by the Special Olympics GB MATP® team.

- **How to enter:**

  Entry to Intra School Competition (Level 1) and Inter School Competition (Level 2) via PMLD teachers and PE leads from SEN schools.

  Entry to County Final – Inter School Competition (Level 3) via SGOs in partnership with PMLD/SEN teachers, YST Lead Inclusion Schools.

  Entry to National Level events via Special Olympics GB MATP® teams.

- **When:**

  Dates and timings to be agreed with SEN schools, SOGB MATP® team, SGOs (depending on type of competition) and YST Lead Inclusion Schools.

  These events usually take place at Intra School Competition (Level 1) and Inter School Competition (Level 2) throughout the year and at County Final - Inter School Competition (Level 3) at the Winter and/or Summer County School Games.

  National level events take place every four years at the SOGB National Summer Games.

- **Next steps (MATP® Challenge events only):**

  Intra MATP® can lead to inter-school MATP® event

  Intra MATP® can lead to County Final MATP® event

  Inter MATP® can lead to County Final MATP® event

Note: ***You have to have taken part in a County MATP® Challenge event to enter into the Special Olympics GB National Games every four years (more information can be obtained through the resource pack).***

Signposted competitions:

MATP® Come and Try events and Challenge events exist outside of School Games in community settings. If schools want to participate in these events they can do so by contacting matp@sogb.org.uk for further information.

NB: The Special Olympics Great Britain MATP® team need to sign off and sanction all MATP® Challenge events and MATP® ***Come and Try*** due to trademark, branding, health/safety and connectivity requirements. ***To complete this short process please contact*** matp@sogb.org.uk

Competition card 1 – Come and Try event

Primary or Secondary:
Primary and Secondary

Name of competition:
MATP® Come and Try event

Age Group:
Primary, Secondary and Further Education – SEN and Specialist Education – age 3 years and above.

How to enter:
Entry to Intra School Competition (Level 1) and Inter School Competition (Level 2) via lead PMLD teachers and PE leads from SEN schools.

Think Inclusively!

MATP® is a fully inclusive programme which is based on adapting sports-specific motor skills at a level appropriate to individualised functional ability.

Be creative, be innovative and experiment with a range of equipment – remember and consider what motor skills the individual needs to learn and design sports specific activities to support and teach these skills (e.g. stepping over hurdles to support using the stairs; grasp and lifting a beanbag can support the development of motor patterns to support feeding).

Further guidance

Further guidance about MATP® can be found by clicking on this LINK

Simple rules:

Pupils who will qualify to become an MATP® athlete:

> Will have profound and multiple learning disabilities (PMLD).
> Will have Complex Support Needs.
> Will not be able to access any other adapted individual or team sports due to functional ability and skill level.
> Will not be able to access any other adapted individual or team sports due to the lack of capacity/understanding of rules, competition and/or turn taking.

- Athletes with significant disabilities are those who, because of their physical, medical, cognitive, or emotional problems, need highly specialised training programmes.
- You can have a festival type MATP® Come and Try event where participants have no prior MATP® training but can come and have a go.
- This can lead to MATP® training for interested SEN Schools.
- As a unique sport-based programme, MATP® does not exclude any athlete. It is designed to provide individualised training programmes to all athletes with complex support needs.
- MATP® is rolling 8-12 week programme specifically designed to meet individual needs.
- The athletes work on their chosen sports specific motor skill(s) and after their training process they showcase their skills at a MATP® Challenge Event.
- This can be a Intra, Inter and County School Games opportunity for athletes to showcase their learnt skills, and for that individual level of achievement to be recognised and celebrated.

Tournament format

The MATP® Come and Try event involves:

Setting up a mixture of eight (or as many as needed) stations consisting of the four core sport specific MATP® skill areas.

These include:

1. Mobility (gross motor skills) x 2 activity stations
2. Dexterity (fine motor skills) x 2 activity stations
3. Kicking (lower body skills) x 2 activity stations
4. Striking (upper body skills) x 2 activity stations

- It is important to have a variety of activities pitched at different ability levels, as with MATP® there is always a wide spectrum of needs and abilities.
- Have a warm-up activity. Parachute games work really well; balloons on the parachute, using two parachutes and throwing balls from one to the other, support it all with loud upbeat music.
- When the warm-up is finished, direct people to move around in smaller groups to try different activity stations.
- Have a cool-down activity to finish. You may want to use the parachute again be in a more relaxed way with relaxing music. You could use a sensory cooldown with fans and scarves to help athletes relax. This will provide a clear ending to the event.

Roles for young people:

There are no officials in MATP® but there should be MATP® peer leaders who can oversee and lead the following roles:

- Compere
- Equipment
- Field of play
- Staging
- Registration and awards
- Sound and music

How can regularity be achieved?

MATP® can be embedded into a school's PE curriculum for students with PMLD and Complex Support Needs (including SLD). In a school setting the training period lends itself well to intra and inter school Challenge events on a termly basis.

How can depth in competition through extra teams be achieved?

- Anyone who does not have a current meaningful sport participation or sports pathway in school can attend a MATP® Come and Try event (students with PMLD, Complex Support Needs and SLD).
- MATP® athletes who have been training can enter a MATP® SG Challenge event (Intra, Inter, County).
- MATP® athletes who have entered a MATP® SG Challenge event (County event) can enter for selection into the National MATP® Challenge events annually at UK School Games and/or the SOGB National Summer Games (every four years).

The route from here to County Final - Inter School Competition (Level 3)

MATP® SG county events can happen within a winter or summer School Games. These county School Games events should be developed from and reflect the intra and inter format, and cannot exist in isolation as a pathway must be created for consistency for MATP® athletes. Communication between SGOs, PE leads, PMLD teachers, YST Lead Inclusion Schools and the MATP® team is key for success.

Relevant web links

Full training and support is available through YST lead inclusion schools and SOGB MATP® team.

www.specialolympicsgb.org.uk/sports/motor-activities-training-programme

www.topsportsability.co.uk/members/resources/elements/sensory-and-movement-programme

www.youtube.com/watch?v=wBHW6hzcU7E

www.youtube.com/watch?v=CzX4e7NdFUY

www.youtube.com/watch?v=1s9TPprOI28

Motor Activity Training Programme

Special Olympics Great Britain

Competition card 2 – Challenge event

Primary or Secondary:
Primary and Secondary

Name of competition:
MATP® Challenge event

Age Group:
Primary, Secondary and Further Education – SEN and Specialist Education – age 3 years and above.

How to enter:
Entry to Intra School Competition (Level 1) and Inter School Competition (Level 2) via lead PMLD teachers and PE leads from SEN schools.

Further guidance

Further guidance about MATP® can be found by clicking on this LINK

Simple rules:

Pupils who will qualify to become an MATP® athlete:

> Will have profound and multiple learning disabilities (PMLD).
> Will have Complex Support Needs.
> Will not be able to access any other adapted individual or team sports due to functional ability and skill level.
> Will not be able to access any other adapted individual or team sports due to the lack of capacity/understanding of rules, competition and/or turn taking.

- Athletes with significant disabilities are those who, because of their physical, medical, cognitive, or emotional problems, need highly specialised training programmes.
- As a unique sport-based programme, MATP® does not exclude any athlete. It is designed to provide individualised training programmes to all athletes with complex support needs.
- MATP® is rolling 8-12-week programme specifically designed to meet individual needs.
- The athletes work on their chosen sports specific motor skill(s) and after their training process they showcase their skills at a MATP® Challenge Event.
- This can be a Intra, Inter and County School Games opportunity for athletes to showcase their learnt skills, and for that individual level of achievement to be recognised and celebrated.
- You can have a festival type MATP® Come and Try event where participants have no prior MATP® training but can come and have a go.

Tournament format

The MATP® Challenge Event consists of:

- Opening ceremony –- to include athlete parade and Special Olympics oath.
- Warm-up of all athletes – i.e. parachute activity with music.
- Showcase of all the individual MATP® athletes and their individual skills.
- Cool-down with all athletes.
- Medal presentation.
- Closing ceremony.

Think Inclusively!

MATP® is a fully inclusive programme which is based on adapting sports-specific motor skills at a level appropriate to individualised functional ability.

Be creative, be innovative and experiment with a range of equipment – remember and consider what motor skills the individual needs to learn and design sports specific activities to support and teach these skills (e.g. stepping over hurdles to support using the stairs; grasp and lifting a beanbag can support the development of motor patterns to support feeding).

Roles for young people:

There are no officials in MATP® but there should be MATP® peer leaders who can oversee and lead the following roles:

- Compere
- Equipment
- Field of play
- Staging
- Registration and awards
- Sound and music

How can regularity be achieved?

MATP® can be embedded into a school's PE curriculum for students with PMLD and Complex Support Needs (including SLD). In a school setting the training period lends itself well to intra and inter school Challenge events on a termly basis.

How can depth in competition through extra teams be achieved?

- Anyone who does not have a current meaningful sport participation or sports pathway in school can attend a MATP® Come and Try event (students with PMLD, Complex Support Needs and SLD).
- MATP® athletes who have been training can enter a MATP® SG Challenge event (Intra, Inter, County).
- MATP® athletes who have entered a MATP® SG Challenge event (County event) can enter for selection into the National MATP® Challenge events annually at UK School Games and/or the SOGB National Summer Games (every four years).

The route from here to County Final - Inter School Competition (Level 3)

MATP® SG county events can happen within a winter or summer School Games. These county School Games events should be developed from and reflect the intra and inter format, and cannot exist in isolation as a pathway must be created for consistency for MATP® athletes. Communication between SGOs, PE leads, PMLD teachers, YST Lead Inclusion Schools and the MATP® team is key for success.

Relevant web links

Full training and support is available through YST lead inclusion schools and SOGB MATP® team.

www.specialolympicsgb.org.uk/sports/motor-activities-training-programme
www.topsportsability.co.uk/members/resources/elements/sensory-and-movement-programme
www.youtube.com/watch?v=wBHW6hzcU7E
www.youtube.com/watch?v=CzX4e7NdFUY
www.youtube.com/watch?v=1s9TPprOI28

Motor Activity Training Programme

Special Olympics Great Britain