

What is Healthy LEAP?

Healthy LEAP (Lifestyle Education And Practice) is a series of health, nutrition, fitness, safety and injury prevention lessons and practical applications created specifically for youth with and without intellectual disabilities. Each lesson includes specific tasks and activities to jumpstart the practice of a healthy lifestyle. Parents/Guardians will be engaged by take home sheets and family activities corresponding to each lesson. Additionally, Healthy LEAP lessons are reinforced by an optional multimedia information campaign delivered via text message, email, webinars, flyers and/or online videos.

Health topics include:

Preschool Version

- *Healthy Eating!* (Food Groups)
- *Strong Bones!* (Bone Health)
- *Moving and Playing to be Strong!* (Physical Activity)
- *Safety First!* (Safety)
- *Be a Good Sport!* (Sportsmanship)
- *Staying Safe in the Sun!* (Sun Safety)
- *Clean Hands* (Hand Washing)
- *Healthy Mouth and Teeth!* (Oral Hygiene)

Elementary-High School Versions

- Food Groups
- Healthy Weight and Obesity
- Behavior and Stress Management
- Bone Health
- Sports Nutrition and Hydration
- Exercise and Injury Prevention
- Sun Safety
- Personal Hygiene
- Preventions of Tobacco and Alcohol Use (if age appropriate)



Benefits of Healthy LEAP

1. Participants will gain a better understanding on important health topics.
2. Educational materials will be provided to the participants to reinforce select lessons.
3. Schools will receive all developed curriculum, ready to administer to students.
4. School staff will receive training and year-round support from Special Olympics Texas staff.

Implementation

Healthy LEAP is a Unified program—it was designed to occur in an inclusive learning environment where students with and without disabilities interact. Special Olympics Texas suggests incorporating Healthy LEAP in P.E. courses, though curriculum can easily transfer to any health and/or wellness course. Healthy LEAP must not be limited to Special Education classrooms. Instructors will collect pre- and post-assessment evaluations measuring participant health and nutrition knowledge as well as beginning age, weight, height, resting heart rate and BMI during the 10-week session.

Healthy LEAP Lesson Manual

The Healthy LEAP Lesson Manual is the core of the teaching materials. Its function is to be a handy manual that provides talking points, health facts, and quality questions for instructors to reference. The Healthy LEAP Lesson Manual includes reinforcing visuals that will be displayed while the instructor is referencing the outlined content. The manual should be followed closely as to standardize the content that is being taught to all athletes participating across the state.

4 EASY STEPS to Implement the Healthy LEAP Program

- 1. Contact Special Olympics Texas and become a School Partner!**
To get started, please see contact(s) below. Facilitators can be teachers (including Special Ed, PE, Health), nurses, coaches and other administrators. Special Olympics Texas will train the facilitator(s).
- 2. Determine Facilitator(s) and Find Your Class**
All you need is a group of students! This can be any class including an existing Unified class, physical education class or club. You can also create a new class by utilizing key club members or other extracurricular activity members. The Healthy LEAP lessons are available for preschool through high school students.
- 3. Order Materials**
Healthy LEAP packets can be ordered online and will be delivered directly to your school. There will be enough copies in the packet for each student. No photocopying needed! Healthy LEAP will also be available in an electronic format to accommodate virtual learning.
- 4. Execute the Program**
Facilitate the program with the lessons provided, collect all of the paperwork including the pre-test, post-test and parental consent.

For questions or for more information, please contact:

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