

# ***Unified Champion Schools***

## **Strategies Menu**



### **Strategies for All Grades:**

- Cool Schools Polar Plunge
- Fans in the Stands
- Inclusion Rally/Respect Week
- SOMT Competitive Sports
- SOMT UCS Youth Summits
- Spread the Word
- Unified Clubs
- Unified Fitness
- Other Inclusive Activities

### **Pre-K/Elementary Strategies:**

- Little Feet Meets
- Unified Young Readers
- Young Athletes

### **Middle/High School Strategies:**

- MHS Unified Track
- Unified eSports
- Unified Physical Education

**Scan the QR Code to get started as a Unified Champion School!**



Questions? Contact Terri Norman, UCS Senior Director,  
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# UCS Strategies Descriptions

- **Cool Schools Polar Plunge**
  - Take the plunge or host a Freezin' for a Reason event and raise money for SOMT.
- **Fans in the Stands**
  - Fill the stands and support your school's Unified Sports teams at competitive events.
- **Inclusion Rally/Respect Week**
  - Promote inclusion in your school. Lessons and activities are available from SOMT.
- **Little Feet Meets**
  - Students with and without intellectual disabilities showcase their sporting skills in an all-inclusive field day experience. Equipment and resources available from SOMT.
- **Montana High School Association (MHSA) Unified Track**
  - Sanctioned by the MHSA, students with and without intellectual disabilities compete on their school track team (4x100 M relay, 100 M, shot put and long-jump).
- **SOMT Competitive Sports**
  - School-based Unified teams compete in SOMT events in area and/or state competitions (ages 8+).
- **SOMT UCS Youth Summit**
  - Attend a youth leadership summit hosted by SOMT.
- **Spread the Word**
  - Join the global March campaign to promote inclusion for all by organizing events in your school and/or community. Resources available from SOMT.
- **Unified Clubs**
  - Bring students with and without intellectual disabilities together as co-leaders to create socially inclusive environments where all have a voice and lasting friendships form.
- **Unified eSports**
  - Through a partnership with PlayVS, UCS schools across the nation compete in games such as Rocket League and Mario Kart.
- **Unified Fitness**
  - Recreational Unified Sports models promoting healthy habits through unified play.
- **Unified Physical Education**
  - A PE course for students with and without intellectual disabilities to gain fitness and leadership skills in an inclusive environment. Training and resources provided by SOMT.
- **Unified Young Readers**
  - Pre-K/Elementary resource featuring book titles with topics such as bullying, awareness, friendship, and acceptance which help support an inclusive school environment.
- **Young Athletes**
  - Sport and play program for children with and without intellectual disabilities, ages 2 to 7 years old. Training and equipment provided by SOMT.
- **Other Inclusive Activities**
  - Be creative and develop inclusive activities that work for your UCS school.  
The sky is the limit!