



LOS ANGELES UNIFIED SCHOOL DISTRICT Adapted Physical Education



Motor Activities Training Program Informational Flyer

Motor Activities Training Program (MATP) The Motor Activities Training Program (MATP) is a partnership program with Special Olympics Southern California (SOSC). MATP targets student athletes with severe and profound intellectual disabilities, including athletes with significant physical disabilities. MATP has been designed to prepare student athletes for sport specific activities that are appropriate for their abilities. It is designed to provide individualized training programs to all athletes with significant disabilities.

Objectives of the Motor Activity Training Program

- Provide training opportunities for athletes to acquire skills considered essential in the recognized skill progressions leading to participation in official Special Olympics competitions.
- Create opportunities for athletes to perform their personal best effort in those skills in a culminating event during a separate Motor Activity Training Program activity, or Challenge Day.

Benefits to Athletes

- Increased physical activity that leads to improvement in motor skills, physical fitness and functional ability.
- More opportunities to perform sport activities.
- Development of a more positive self-image through skill acquisition.
- Greater family interaction through sport involvement.
- More opportunities to develop friendships with other athletes, their families and the larger community.



The Training Program

The motor activities training program will be provided as part of the students' Adapted Physical Education class, and geared toward the skill and ability level of the individual athletes.



By participating, schools receive the MATP activity guide, practice equipment, along with t-shirts and medals for the culminating event. The culminating event will be held on the school campus site, with no transportation needed. The event is a great opportunity to support inclusion on campus and for the students to show off their abilities to family and peers.