



**Special
Olympics**



SPECIAL OLYMPICS WISCONSIN

FITNESS COMPETITION

LEVEL 3 EXERCISES

MATERIALS

Before you start, make sure you have:

- Stopwatch
- Ball



WATCH THE
VIDEO HERE



PROCEDURE AND SCORING

EXERCISE:

1. Participant stands with their feet together and holding a ball in both hands.
2. Participant lifts one foot in the air and bends their knees keeping their other foot on the ground.
3. Participant reaches down and taps the floor to the one side of their body while keeping their balance.
4. Return to the starting upright position.
5. Repeat this exercise. If participant is a beginner at this exercise, they can reset each time by putting both feet on the ground and even alternating which foot they raise off of the ground.

Note: If participant would like a more advanced exercise, keep the same foot off the ground and repeat without losing balance as many times as possible in the prescribed time.

SCORING: Participant goes from the upright position to the floor touch position as many times as they can without losing their balance for 60 seconds. Count how many times they tap the ball in that 60-second timeframe for their total score.

MATERIALS

Before you start, make sure you have:

- Stopwatch



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PROCEDURE AND SCORING

EXERCISE:

1. Participant starts on hands and toes.
2. Participant straightens one leg at a time and put the balls of their feet on the floor.
3. Participant's hands are placed below their shoulders.
4. Participant's body should make a straight line from their heels to their shoulders.
5. Participant should keep their abdominal muscles tight and their back straight.
6. Participant should hold this position in the correct form for as long as possible.

NOTES:

1. Participant should always have a straight back and should never make an "A" body shape while completing this exercise.
2. Stop the test when correct form cannot be maintained for 5 seconds or longer. That means when any movement such as bending, sagging or swaying occurs at the elbows, shoulders, trunk or knees.

SCORING: Total time until participant breaks form is recorded. After the max of 55 seconds the max score has been achieved.

MODIFICATIONS

Participants with mobility impairments in the hands, wrists or forearms can complete this test with their elbows and forearms on the ground. Note that this test is more difficult so form should be monitored even more closely.

MATERIALS

Before you start, make sure you have:

- Stopwatch
- Solid wall



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PROCEDURE AND SCORING

EXERCISE:

1. Participant stands with back flat against the wall and feet about 1-2 feet away from the wall.
2. Participant holds arms at sides or across chest.
3. Participant bends at the knees and lowers down until thighs are parallel to the ground.
4. Participant holds this position for the desired time.

SCORING: Time is recorded starting when the participant assumes the correct position. Total time is time to failure which is any adjustment from the original position.

MATERIALS

Before you start, make sure you have:

- Stopwatch
- Sturdy chair with armrests



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PROCEDURE AND SCORING

EXERCISE:

1. Participant starts in a plank position with arms shoulder width apart and palms flat on the floor.
2. The head, back, hips, knees and toes should be in a straight line.
3. Participant bends their elbows and lower their chest toward the ground. Participants must bend their elbows at least 90 degrees before returning to the starting position. A towel or a block under the chest can help participants to know they've gone far enough down. They should use their arms and core to push back up to the starting position.

SCORING: The total amount of push-ups in 60 seconds is counted as the score. Participants must maintain form in order for the push-up to count.

MODIFICATIONS

Participants with mobility issues can use the NCHPAD adaptations for push-ups found [here](#).

CHAIR PUSH-UP EXERCISE:

1. Participant will begin in their wheelchair or chair with armrest and palms on the arm rest.
2. Participant will fully extend the arms; while pressing against the arm rest lifting their body.
3. Once arms are fully extended, the participant returns to seated position.
4. A complete push-up is done once the participant returns to the seated position.

CHAIR PUSH-UP SCORING: Count the number of push-ups completed by the participant in 60 seconds.