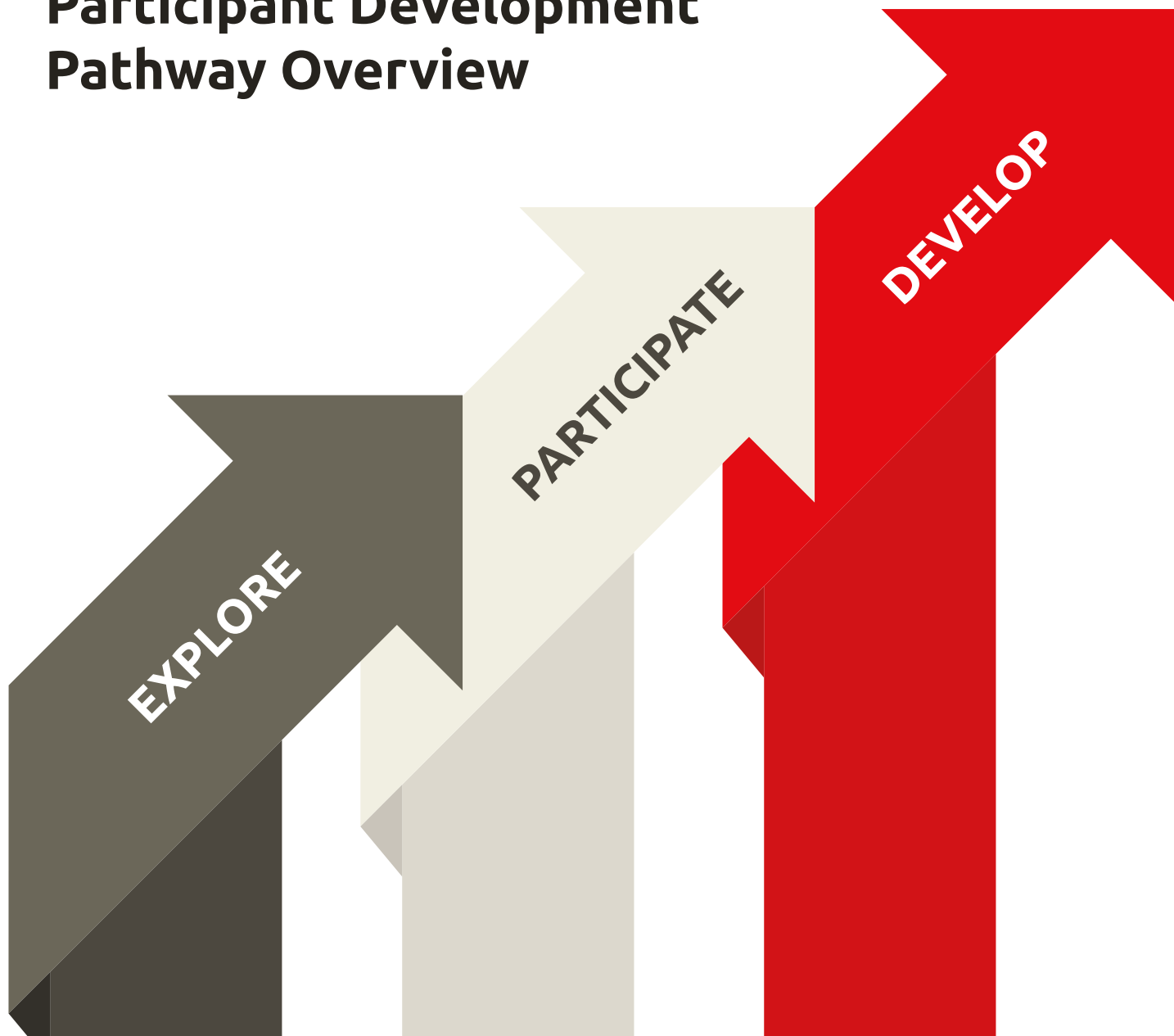


# Special Olympics Australia Participant Development Pathway Overview



# Explore Phase

(Extension and refinement of FUNdamental movement skills in suitable learning environments)

- ✓ The characteristics of the **Explore** phase of development relate to advancing and refining movement experiences of participants with an intellectual disability, through continued broad exposure to formal and informal play and practice, in safe and suitable environments.
- ✓ In this phase, the participant is exposed to progressively more complex movement challenges. Whilst parents, carers, friends and other family members have an ongoing role in development, this is usually supported by involving more professional levels of instruction and feedback, such as experiences delivered by coaches, teachers or other specialists.
- ✓ Those participants electing not to progress to competitive Special Olympics Australia sports pursuits are able to translate their movement foundations into other active lifestyle activities. However, if the participant's goal is to move beyond Explore within the Special Olympics Australia PDP, attaining proficiency in these movement foundations is very important.



## Key Motivators

Participation for wellbeing, fun, fitness and challenge.

## Key Drivers

Parents / carers, coaches, teachers, friends.

## Special Olympics Australia Programs

Young Athletes Program; Community Sports Program.

## Special Olympics Australia Events





Sports events hosted in partnership with national or state sporting organisations: e.g. Come and Try events.



## Australian Physical Literacy Framework Alignment:

**Stage 0 – Pre-Foundational** and/or  
**Stage 1 - Foundation and Exploration**

(at this stage a person is experiencing, playing or exploring limited forms of movement and/or learning and exploring their capabilities for movement).

Special Olympics Australia Coach Accreditation Level	Broad Descriptor	SOA PDP Phase	Special Olympics Australia Coach Accreditation Requirements	Recommended
 <p>Explore Coach</p>	<p>Coaches of entry level participants and those engaged in the Special Olympics Australia Young Athletes and Community Sports Programs.</p>	<p>EXPLORE</p>	<p><b>Young Athletes Coaches</b></p> <ul style="list-style-type: none"> <li>• Young Athletes Coach Accreditation Course (online).</li> <li>• Developing Physical Literacy for Athletes with an Intellectual Disability (online)</li> </ul> <p><b>Community Sports Coaches</b></p> <ul style="list-style-type: none"> <li>• Improving Sport for People with an Intellectual Disability Course (online)</li> <li>• Developing Physical Literacy for Athletes with an Intellectual Disability Course (online)</li> </ul>	<p>Special Olympics Australia Introduction to Autism Spectrum Disorder Course (online).</p> <hr/> <p>Practical workshop</p>
 <p>Participation Coach</p>	<p>Coaches of entry level participants actively participating in Special Olympics Australia club or school environments (recreationally or competitively).</p>	<p>PARTICIPATE</p>	<ul style="list-style-type: none"> <li>• Improving Sport for People with an Intellectual Disability Course (online)</li> <li>• Developing Physical Literacy for Athletes with an Intellectual Disability Course (online)</li> </ul>	<p>Special Olympics Australia Introduction to Autism Spectrum Disorder Course (online).</p> <hr/> <p>Practical workshop</p>
 <p>Development Coach</p>	<p>A coach who has chosen a specific sporting discipline/s to coach participants, who are actively competing in a club / state and national Special Olympics Australia events.</p>	<p>DEVELOP</p>	<ul style="list-style-type: none"> <li>• Improving Sport for People with an Intellectual Disability Course (online)</li> <li>• Developing Physical Literacy for Athletes with an Intellectual Disability Course (online)</li> <li>• Current entry level Sport Specific Coach Accreditation in the sports being coached.</li> <li>• For coaches attending international events: Special Olympics World Games Preparation Training Program (online)</li> </ul>	<p>Special Olympics Australia Introduction to Autism Spectrum Disorder Course (online).</p> <hr/> <p>Practical workshop</p>
 <p>Coach Developer</p>	<p>A practical workshop facilitator and coach mentor supporting coaches with their delivery.</p>	<p>ALL</p>	<p>Special Olympics Australia Coach Developer Training Program (on-line + practical workshop).</p>	