

The Motor Activities Training Programme.



MATP is a unique programme for athletes of all ages with Profound and Multiple Learning Difficulties. [Click Here](#)
It has an 8 to 12 week training period which culminates in a Challenge event. During the training periods athletes work on motor skills from 6 categories: Mobility, Dexterity, Striking, and Kicking. Within these areas athletes work on motor skills that are pertinent to the individual and their overall motor development. These are taught and supported in structured weekly training sessions over the 8 to 12 week training period. MATP® can become part of the weekly timetable in school or community provision. [Click Here](#)

The Challenge Event.

A Challenge Event has a specific structure that provides the athletes with an opportunity to represent their club and show case the skills that they have developed over the training period. The event begins with an athlete parade, the reading of the Special Olympics Oath and then progresses with a warm-up and each athlete coming out in front of the audience of supporters to demonstrate the level of skill they have achieved. The event will then have a cool down and closing ceremony. [Click Here](#)

The Come and Try Event.

A Come and Try Event is a way of sharing MATP with other organisations. It showcases what MATP is all about and shares that with other potential athletes. It follows a festival format with activities set out for individuals to Come and Try in their own time. The event can begin with a participant parade and warm-up if appropriate or it may work better to be flexible with arrival times and run warm-up activities at intervals throughout the length of the event. [Click here](#)

Competition Pathways.

MATP provides a fantastic pathway of opportunities for all to access. Individuals can represent through school, community clubs and also at a variety of levels, including local, country, regional and national. Through the MATP Challenge Days athletes showcase their skills and celebrate their Individual achievements. [Click here.](#)

Special Olympics Motor Activities Training Programme® Workshop:

- Overview of MATP and SOGB
- Personnel and set up of MATP
- MATP core programme
- Challenge day and Come and Try Events
- Resources and support available



For more information or to book a workshop please contact Development managers:

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