VIRTUAL SUMMER GAMES

FRIYDAY, JUNE 12

JERSEY DAY!
WELCOME TO 2020 VIRTUAL SUMMER GAMES
Special Olympics Illinois is proud to bring you the first-ever Virtual Summer Games. The virtual event will take place Tuesday, June 9 – Sunday, June 14. Starting with an Opening Ceremony on June 9 and ending with a Closing Ceremony and Victory Dance on June 14, we look forward to sharing many fantastic programs and activities.

The athletes of Special Olympics Illinois are some of the most determined and resilient people on earth. Special Olympics Illinois stands together through adverse times. Although we may not be together on the field, we are an inclusive community that always stands strong and, more importantly, together.

A NEW WAY TO PLAY
View today’s exciting schedule below. In between all the action, we hope you will check out the fun activities in this booklet and celebrate the theme of each day – crafted by our Unified Champion Schools students.

We will also be highlighting the spirit of the games across virtualsummergames.soill.org, Facebook, Instagram, Twitter, and LinkedIn.

The Virtual Summer Games is open to anyone: whether you are a Special Olympics Illinois athlete, volunteer, supporter, or just someone wanting to be a part of this first-of-its-kind event that celebrates inclusion, on and off the field of play.

We know if we stay focused and stand together, we can overcome anything. We know if we work hard and stand together, we can accomplish great things. #SOILLStandsTogether

JERSEY DAY
June 12

eSports Rocket League Tournament
Move It Minute | The Daily Leader
Today's Healthy Habit
Featured Spirit Week Activity
Thank You to My Coach Messages

virtualsummergames.soill.org
FOOTBALL I SPY

Find

- X _____
- X _____
- X _____
- X _____
- X _____
- X _____
- X _____
- X _____
- X _____
- X _____
Active for Life Sock Ball Games

1. PREPARE YOUR PLAY AREA

Remove breakable objects such as lamps, electronics, flower vases, etc. The play area can be a bedroom, living room, or anywhere there is enough space to throw, catch or kick a ball and swing a simple bat. Objects like pillows, chairs, sofas and boxes can be used as goals or targets for some games.

2. MAKE A SOCK BALL

Roll and fold a pair of socks inside each other. For larger balls, use 3-4 pairs of socks, or use heavy adult-size work socks.

3. GET READY TO PLAY!

SOCCER
One player: Practice shooting on a “goal” (living room sofa, door opening, laundry hamper laid on its side).
Two or more players: Play a game 1-versus-1 or 2-versus-2 (use sofas, doorways, etc. as goals).

BASKETBALL
One player: Practice shooting on a “basket” (laundry hamper, small cardboard box, or other container turned upright).
Two or more players: Play 1-versus-1 or 2-versus-2 in a competitive shootout challenge. Take turns shooting from different distances. No blocking allowed.

BOWLING
Set up 6 empty milk cartons or plastic bottles as bowling “pins.”
One player: One child can play alone after a parent shows how to setup the bowling pins.
Two or more players: Play against each other in a competition.

THROW AND CATCH
Stand 3-5 metres apart and throw to each other.
Start with gentle underhand throws. As throwing and catching improve, throw faster, throw overhand, and even by trick throws (throw from behind your back, under your legs, from behind your head, etc.).

DODGE BALL
Make two or three sock balls per person.
Players are allowed to pick up balls from opponents and throw back at them.
Players are only permitted to throw from their “home base” (sofa, bed, or other designated place).
No “elimination” when you are hit—keep playing.

BASEBALL BATTLING
Use a cardboard tube, roll a newspaper with tape, or get a plastic vacuum cleaner pipe to use as a baseball bat.
Take turns pitching and batting the sock ball.
With three or more players, extra players are “fielders” who try to catch the ball after it has been hit.
After 10 hits, change batters.
Eat This Not That Quiz - Test your Healthy Food Knowledge!

There are so many food options that sometimes it's hard to make a healthy choice. Take the Eat This Not That Quiz to see if you can identify the healthiest options.

Please circle your answer for each question.

1. Fruits: Which is the BEST choice for a healthy fruit serving?
   - Fresh Fruit Cup
   - Fruit Snacks
   - Skittles
   - Orange Juice

2. Vegetables: Eat THIS for the most nutritional benefits.
   - French Fries
   - Steamed Broccoli
   - Broccoli Casserole
   - Twice Baked Potato

3. Grains: Which of these is a source of whole grains?
   - Brown Rice
   - White Rice
   - White Bread

4. Dairy: Eat This YOGURT. Which is the healthiest choice?
   - Greek Yogurt
   - Go-Gurt
   - Yoplait Original Yogurt
5. Protein: Eat THIS as the best source of lean protein!

- Bacon
- Fried Chicken Tenders
- Grilled Chicken Breast
- Hamburger

6. Beverages: Which drink will keep you most hydrated? Drink THIS!

- Gatorade
- Pepsi
- Water
- Apple Juice

7. "Salty" Snacks: Eat THIS to satisfy your afternoon hunger.

- Carrots & Hummus
- Potato Chips & Dip
- Chips & Salsa
- Veggie Straws

8. "Sweet" Snacks: THIS is your best choice!

- Granola Bar
- Apple & Peanut Butter
- Blueberry Muffin
- Animal Crackers
Eat This Not That Quiz – Answers

1. **Fresh Fruit Cup.** Orange juice will also provide a serving of fruit but there are often many added sugars. Eating fruits in their most natural form is always the best choice.

2. **Steamed Broccoli.** As with fruits, vegetables prepared with little else provide the greatest amount of nutrients. Fried foods, casseroles and twice baked potatoes have many added ingredients that increase the calorie and fat content in the dish.

3. **Brown Rice.** Whole grains are the healthiest kinds of grains. Whole grains are in their whole form or ground into a flour while retaining all parts of the seed. Enriched and Refined grains have parts of the seed removed which also removes important nutrients. White rice is a refined grain and white bread is often made of both refined and enriched flour and grains. Look for the word "whole" on the nutrition label ingredient list.

4. **Greek Yogurt.** Yogurt is a great healthy snack option but some types are better for you than others. "Greek" yogurt has a lower sugar count and higher protein than regular yogurt. Grab a "Greek" option first!

5. **Grilled Chicken Breast.** While all of these meats provide protein, grilled chicken breast is the leanest meat proving to be the healthiest option. Bacon is high in fat and sodium while chicken fingers are battered and fried, adding a lot of fat. Burgers are a great protein option but beef is fattier than chicken. If you choose a burger be mindful of what toppings you are adding!

6. **Water.** Water is ALWAYS the best beverage choice. Sports drinks like Gatorade have a lot of sugar and added ingredients. These drinks aren't necessary if you are not competing in extreme sports (ex: long distance running). Sodas such as PEPSI have no nutritional value at all, lots of sugar and can de-hydrate you.

7. **Carrots & Hummus.** Choosing a vegetable at snack time is best! Hummus is a great "dip" alternative to many creamy options often eaten with chips. Though veggie straws are a better choice than chips nothing compares to raw vegetables!

8. **Apple with Peanut Butter.** Once again the whole food wins! Having a piece of fruit can often satisfy your sweet tooth. Peanut butter adds some healthy fat and protein to create a well-balanced snack.
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