

Corollary Sports for Middle- and High-School Students

Extraordinary Minds in MCPS 2016

Montgomery County Public Schools
April 13, 2016



Partnership  for Extraordinary Minds™



Benefits of Extracurricular Activities, Physical Activity, & Sports

- Promote healthy lifestyle & motor skill acquisition
 - In the U.S., 16% of children ages 2-19 are overweight, whereas the prevalence of overweight among children with ASD is increased to 19% with an additional 36% at risk for being overweight (Carol et. al., 2005)
- Decrease repetitive behavior, & improves attention to task
 - 20-minutes of mildly strenuous jogging or 60-minutes of hydrotherapy/swimming (Yilmaz, et. al., 2004)
- Promote self-esteem, increase general levels of happiness, & leads to positive social outcomes
 - Social relationships among teammates & coaches, and recognize social cues

Maryland Fitness & Athletics Equity Act for Individuals with Disabilities (2008)

- Ensure local school system provide students with disabilities equal opportunities to participate in physical education programs & athletic programs
 - Local school systems are required to provide:
 - Specified accommodations
 - Opportunities for students with disabilities to participate in athletic competition
- Students with & without disabilities should participate together in physical education, intramural sports, and interscholastic sports to the maximum extent possible

Middle School Athletic Program

- Interscholastic athletics program planned extension of physical education instructional and intramural programs for students in grades 7 and 8

Fall	Winter	Spring
Cross Country Softball	Basketball	Soccer

Middle School Intramural Program

- Middle school intramural program is an extension of the regular physical education instructional program, including the development of movement skills, health-related fitness, and personal and social responsibility, conducted before and/or after school among students in the same school.



Middle School Intramural Program

Suggested activities that may be incorporated into a middle school intramural program include:

Team	Individual/Partner
Basketball	Aerobics
Bocce	Archery
Field Hockey	Badminton
Flag Football	Bowling
Floor/Street Hockey	Dance
Ultimate	Golf
Lacrosse	Gymnastics
Soccer	Pickleball
Team Handball	Tennis
	Table Tennis
	Track & Field
	Weight Training
	Wrestling
	Volleyball

Middle School Intramural - Bocce

- Provide middle school students with and without disabilities the opportunity to work together in a non-competitive physical activity/sport setting

Middle Schools

- | | |
|---|---|
| <ul style="list-style-type: none">• Alternative Education Programs at the Blair G. Ewing Center• Benjamin Banneker• Cabin John• William H. Farquhar• Forest Oak• Robert Frost• Herbert Hoover• Gaithersburg• Lakelands Park | <ul style="list-style-type: none">• Newport Mill• RICA - John L. Gildner Regional Institute for Children and Adolescents• Rocky Hill• Takoma Park• Tilden• Julius West• Earle B. Wood |
|---|---|

High School Interscholastic Sports

Fall	Winter	Spring
Cross Country	Basketball	Baseball
Field Hockey	Indoor Track & Field	Lacrosse
Football	Swimming & Diving	Softball
Golf	Wrestling	Tennis
Soccer		Track & Field
Volleyball		

High School Corollary Sports

- Goal of corollary sports is to increase interscholastic athletics participation opportunities for all students, in particular students with disabilities.
- Approximately even ratio of participants with and without disabilities.

Fall	Winter	Spring
Team Handball	Bocce	Allied Softball

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25 MCPS High Schools

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14

25 MCPS High Schools

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Fall	Winter	Spring
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14

22

25 MCPS High Schools

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14 → (under Team Handball)

← 22 (under Bocce)

← 17 (under Allied Softball)

25 MCPS High Schools

High School Corollary Sports

- There are several studies showing that exercise is not only good for our body but also good for our minds.
- Participating in group sports helps children learn how to work as a team and gain confidence in a skill.
- But team sports often present many challenges for kids with autism.
- The struggle to find appropriate exercise activities is common among parents who have children with autism.

High School Corollary Sports

- **What's the best sport for a child with autism?**

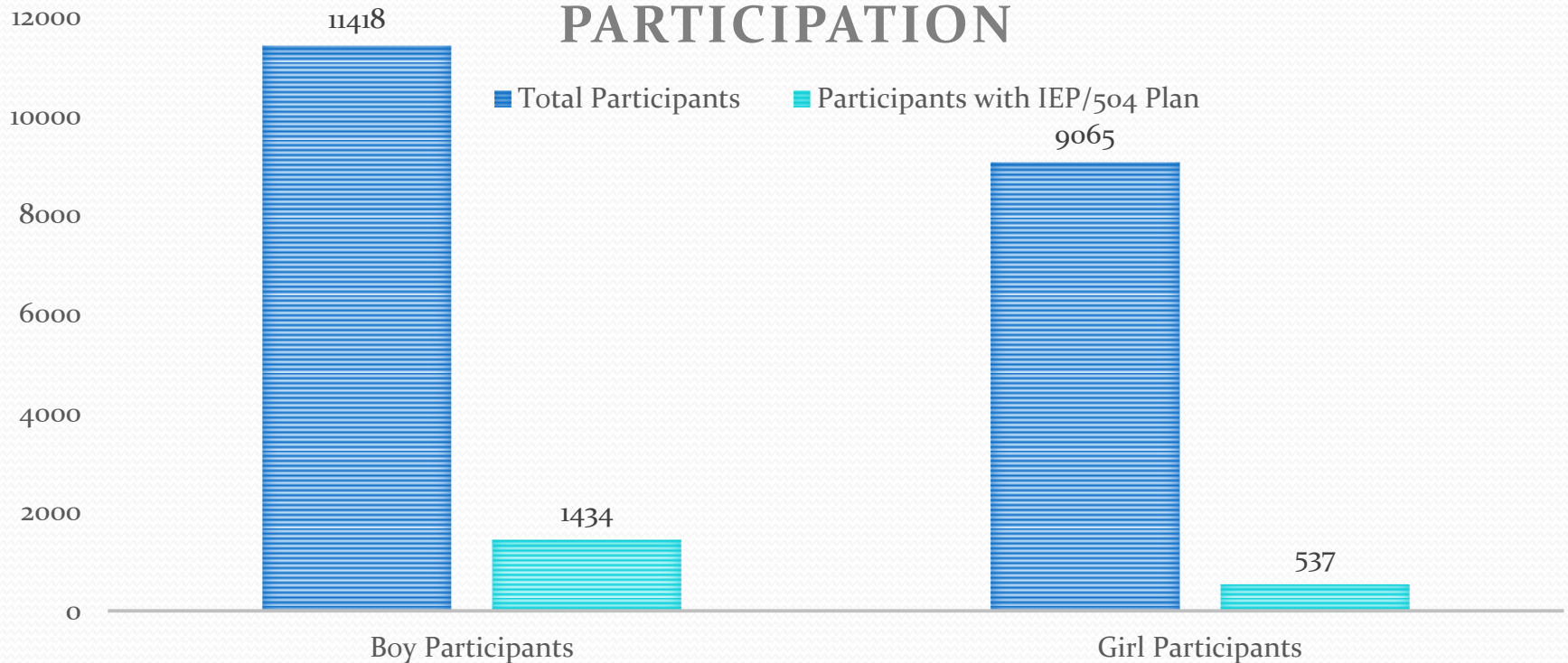
As with every child, the best sport is the one your child enjoys and excels at. That said, though, autism does impair social and communication skills and may have a negative impact on gross motor coordination.

- **Team or Individual sport?**

Why not both? A sport like bocce or softball allows an athlete to be a part a team while competing individually.

High School Sports Participation Summary

2014 - 2015 MCPS HIGH SCHOOL ATHLETIC PARTICIPATION



High School Corollary Sports



<http://wjla.com/sports/high-school/bocce-fever-in-montgomery-county>

Frequently Asked Questions

- **Can an MCPS student in a nonpublic placement participate in interscholastic sports at his/her home school?** *Yes, the parent would need to contact the athletic director at his/her home school; details are addressed on a case-by-case basis.*
- **Can a student receive support services (e.g., paraeducator) to access the interscholastic sport (e.g., team handball) or intramural (e.g., bocce)?** *Yes, in order for the student to receive the service, the service must be documented in the students IEP or 504 Plan.*

Frequently Asked Questions

- **Does the middle school provide transportation from the middle school sport or intramural to the student home?** *Yes, each school provides transportation (activity bus) from their home school to a centralized drop off near the students home following practice/competition.*
- **Does the high school provide transportation from the high school to the students home?** *No, the student's parents will need to coordinate transportation from their home school following the practice/competition.*