



REQUEST FOR PROPOSAL

Curriculum Development Consultant for Special Olympics High 5 for Fitness and Unified Fitness Kit

Background

Special Olympics Fitness programming seeks to support athletes across the lifespan in achieving optimal health and performance through adequate physical activity, nutrition, and hydration. Special Olympics offers several Program Models and fitness resources that support the implementation of health and fitness initiatives for youth, including High 5 for Fitness and Unified Fitness Kits. High 5 for Fitness, launched in July 2022, is a set of resources created to engage youth in proper nutrition and regular physical activity. The resources include a webpage, guides, videos, and cards to impact healthy behaviors in youth ages 8-21. An accompanying Educator's Guide and Caregivers guide provide implementation guidance in both the school and home environments. The Unified Fitness Kit is a set of equipment for individuals to exercise in a variety of settings to improve physical literacy. Packaged with a drawstring bag, the kit includes a flyweight ball, speed rope, resistance band, hoop agility ladder, fitness tracker, and guide to completing a variety of motor activities.

Scope of Work

Special Olympics is seeking a consultant (individual or organization) to create evidence-based, standardized curricula to support Special Olympics Programs and educators with the successful delivery of High 5 for Fitness and Unified Fitness Kit resources. To achieve this, specific responsibilities and deliverables include:

Deliverable 1: Background Research for Curriculum Development (15%)

- Review the High 5 for Fitness and Unified Fitness Kit resources
- Conduct surveys/focus groups with Special Olympics Program staff to inform effective curriculum development and understand educators' and Program staff's perceptions of the resources.

Deliverable 2: Curriculum Development (81%)

Develop one school-based High 5 curriculum per age group: 8-11, 12-14, 15-21 years, and corresponding supplemental materials such as slides and handouts. Specifically, the curriculum must include:

- Easy to follow lesson plans for using the High 5 resource with each age group
- Strategies for educators to connect with families/caregivers to reinforce physical activity at home using High 5 for Fitness
- Strategies for increasing physical activity and healthy beverage and food intake for youth



- Alignment with current national health and physical education standards and describe how this resource will support such standards
- Develop one curriculum utilizing the Unified Fitness Kit resource to promote physical literacy and be implemented in school settings. Specifically, the curriculum must:
- Align with current national health and physical education standards

Deliverable 3: Monitoring, Communication, and Evaluation (4%)

- Work with Manager, Fitness & Health in Schools and Research and Evaluation team to assist in the development of a communication, dissemination, and evaluation plan for the curriculum
- Submit a one-page document outlining support provided to the aforementioned team in developing the plan

Timeline

Consultant will begin work in October 2022 (exact date to be determined based on selection process and paperwork finalization). The contract ends on April 30, 2023, by which all deliverables must be complete.

Compensation

The Curriculum Development Consultant will receive up to \$25,000 USD in compensation for work and deliverables outlined above.

Criteria

Interested applicants will be asked to submit a proposal responsive to the above RFP by **September 30, 2022**. This proposal should include the following:

- Brief project description that outlines your vision and strategy for implementing project work (max. 2 pages), inclusive of:
 - Overview of the overall approach and methodology proposed to respond to the expectations of the consultancy deliverables
 - Proposed project budget, including anticipated matrix of hours
- 2-3 relevant samples of work
- Brief description of applicant's qualifications and experience developing curricula in physical activity and/or health disciplines.
- Contact information for two to three references that would support your consultancy

Proposals must be sent via email to Sean Nevills, Manager of Fitness & Health in Schools, at snevills@specialolympics.org. Please direct any questions to Sean Nevills via email.



Consultant Preferred Qualifications

- Master's degree or PhD in Kinesiology, Adapted Physical Education/Activity, Special Education, Health Promotion, Public Health, or relevant discipline.
- Knowledge of fitness, nutrition, and health promotion for individuals with intellectual and developmental disabilities.
- Demonstrated success of implementing school-based projects, curricula, and/or instructional designs.
- Demonstrated success of evaluating curricula.
- Excellent written and oral communication skills in English, including ability to communicate effectively with a culturally and professionally diverse range of stakeholders.