



{inclusion outreach}

1031 Lucas Avenue
Victoria, BC V8X 5L2
Tel 250-595-2088

www.inclusionoutreach.ca

Elementary PE Participation

FIRST: Decide what the goal of the class activity is and how are there ways to participate without any adaptations?

- Everyone helps take out and put away equipment
- Everyone warms up their muscles at the start and cools down at the end
- Consider adding music that students can take turns starting and stopping



Co-operative Game Ideas for All:

- Find a Friend: Objects, pictures, etc. are distributed among the groups and the music starts, skip or move until the music stops, then “find a friend with the same...” (shape, colour, animal, etc.)
- Cooperative Musical Hoops: 6 hoops, 6 kids. When the music stops, get into a hoop. Reduce by one hoop each time, so that more and more kids need to share.
- Parachute: Everyone lifts the parachute up at the same time. Two students trade places by moving under the parachute and across to the other side before the parachute drops.
- Cooperative Movement: Pairs of children walk together sharing a hoop, holding a balloon between their bodies/wheelchair, holding a beanbag on each other’s heads, carrying a foam block balanced on two sticks, etc.
- Caterpillar or Train: Group links together by holding hands, shoulders, wheelchair, a long rope, and all walk or crawl along a given path.
- Chopsticks and doughnuts: Each child has a chopstick (or any other similar object). A “doughnut” (roll of tape, plastic ring) is passed around the circle via the chopstick, held in the hand (or mouth). The stick is taped to the wheelchair tray. A partner helps manoeuvre the wheelchair to pass the doughnut.
- Build a Person/picture: Give each child a body part or a piece of a picture and build the whole person/picture with each one’s contribution. Judy could drop her piece into someone's hand.

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NEXT: Analyze the activity. Look at the factors you can manipulate to make the activity easier or harder. Look at the component skills for complex activities and make adaptations to the activity.

- Play in a smaller (or larger) area than the standard court
- Move closer to the goal posts
- Roll the ball along the ground instead of throwing it

THEN: Think of the abilities of all of the students in your class and then provide options/choices within that continuum. Have easier options and harder options. Allow each child to choose and value each option. This is where you might change/add equipment.

- Everyone uses a ½ pool noodle for tag games, a mini glove on the end adds fun
- Use a stick held horizontally with two hands to hit a large, soft, ball back to a partner
- Practice moving a beanbag, ball, or puck, with a stick, around a series of posts
- Practice bowling using lighter floor pins or 2L pop bottles with water in the bottom, and participate in rolling the ball as well as setting up the pins
- Roll a ball down a plastic gutter with one end on the student's wheelchair tray and the other on the floor, directed toward the pins
- Roll a ball between two goal posts. Use a bowling ball ramp and ball that are brightly coloured to provide contrast. Roll the ball a short distance to score by pushing the ball between two goal posts.
- Snapp'r or Zoom Ball: Hold onto the handles and move arms apart to make the ball move along the cord toward a peer. The peer returns the ball by moving their arms apart. This activity may be included when throwing and catching skills are being done with the whole class
- Bat a balloon or a small, bright coloured nerf ball and keep it in the air alone or with a partner. Classmates could rotate as partners for the student. Begin by using hands and then progress to a racquet. If helpful, cut the handle short on one racquet. Replace the rubber grip on the end of the racquet using hockey tape or use a racquetball racquet. These have shorter handles
- Attach a balloon or light ball to a tether-ball rope or stand. Hit the balloon with the racquet. Holding close to the head of the racquet will give more control

References:

Queen Alexandra PT Department handout
Co-operative Sports and Games Book by Terry Orlick.

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