



{inclusion outreach}

1031 Lucas Avenue  
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[www.inclusionoutreach.ca](http://www.inclusionoutreach.ca)

## PE Inclusion in Intermediate and Secondary Grades

Start with the PE activity the class is doing. What is the big idea, or learning outcome of the task? Think about parts of the activity the student with multiple and complex disabilities can take an active role to participate in. Next, look for ways to adapt the activity everyone is doing. Add specialized equipment to enhance participation further. The adaptations and equipment will vary based on the sport. This is not intended to be an exhaustive list, but rather an example of the process of problem solving.

### Ideas on how to take a meaningful, active role in the group:

- Use a switch operated spinner to select the warm-up activities for the group
- Use stations with multiple choices built in
- Work with a partner or small group for skills practice time
- The student takes a particular role on the team e.g. guard, runner etc.
- Buddy up with another player so two students doing one role together
- Split the role so that the student is doing one of the tasks, while another player does the other part
- Experiment with adapted sport for all the students if you have an organization in your area that can bring in some equipment to demonstrate.

### Sport specific adaptations:

#### SOFTBALL/KICKBALL

- Hold the bat or stick horizontally with two hands
- Roll the ball instead of throwing it
- Move the pitcher closer to home base
- Other students throw two or three times before the student is out
- Shorten the distance between the bases for everyone
- Use a T-ball stand to bat from
- Use a shorter, lighter bat e.g., plastic or foam
- Practice throwing and catching with a beanbag and catcher's mitt
- A pinnie or mesh laundry bag stretched over a hula hoop can make a net for catching balls.
- Practice catching and throwing a nerf ball or balloon
- Use a large, lighter or brightly coloured ball (beach ball, balloon or nerf ball)
- Use a lacrosse stick to catch or throw the ball

Respect

Competence

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## **FITNESS/ WEIGHT ROOM**

- Stationary bikes can be a good starting place, you may need to add toe straps
- Mat exercises can be easily adapted
- Free weights -use lighter ones or other objects in place of weights



## **BASKETBALL**

- Allow dribbling the ball with two hands
- Let the student carry the ball while running, wheeling, or being pushed.
- Reduce the size of the playing court
- Reduce the playing time
- Alter the number of players on a team
- Throw a ball or beanbag into a garbage can or a low hoop
- Use a playground or foam ball
- Use beanbags, towels tied into knots, foam blocks that don't bounce
- Connect the bottom of a net to a fabric tube to make an improvised ball return

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### **FLOOR, FIELD HOCKEY, LACROSSE**

- Practice hitting of the ball into a corner with a classmate. Place a hockey net behind the student to catch the balls returning off the wall.
- Pair up with one or two other students for a passing game. Start with the students close to one another and gradually move them further apart.
- Pair the student with another student and move with them, with or without the hockey stick.
- Place two goalies at the net.
- Pass the ball to several or every team member before counting as a goal.
- Attach a hockey stick to the front of the wheelchair
- Place a large board in front of the student's feet on the wheelchair or at the base of the standing frame. Play goalie and stand guard at the net.
- Use a ball rather than a puck. Vary the size and weight as needed for success.
- Enlarge the blade of the stick and make it brightly coloured.
- Vary the size of the goal.

### **SOCCER/ FLAG FOOTBALL**

- The student can run carrying the ball
- The student could perform specialty roles (e.g., throwing offside)
- Challenge other players to kick the ball with their non-dominant foot
- Two students may share the goal position
- The ball may be passed to several or all teammates before attempting a goal
- Reduce the size of the goal if the student is playing goalie
- Shorten the distance between end lines
- Reduce the playing time
- Eliminate the offside
- Use a bowling ramp to start the soccer ball
- Use a larger (16-18 inch diameter) or a lighter ball
- Use less air in a regulation ball to slow it down
- Attach a board to the footrest to provide a striking surface

### **TRACK and FIELD**

- Shorten the distances, or allow more time
- Use lighter weight equipment eg: softball instead of shotput

### **DANCE**

- Change the dance moves to accommodate mobility equipment

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### **BADMINTON, VOLLEYBALL**

- Bat a balloon or a small, bright coloured nerf ball and keep it in the air alone or with a partner. Begin with hands and then progress to a racquet.
- Attach a balloon or light ball to a tether-ball rope. Hit the balloon with a racquet.
- Use a lower net
- Use a racquetball racquet, which has a shorter handle
- Holding close to the head of the racquet will give more control
- Cut the handle short on one racket. Replace the rubber grip on the end of the racquet using hockey tape
- Play in a smaller designated area

You can make your own cloth covers for balloons to make a lighter weight ball. A free pattern can be found here -this can be an excellent project for a sewing class.  
<https://madquilter.blogspot.com/2010/12/free-pattern-for-balloon-ball-balloon.html>

#### References:

Queen Alexandra PT Department handout

Adapted Physical Activity, Recreation, and Sport: Crossdisciplinary and Lifespan  
2003 by Claudine Sherrill

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