

Vancouver Regional Pediatric Team

GAME SPECIFIC PE ADAPTATIONS

COOPERATIVE GAMES Here are a few ideas.

Parachute Games

- ☺ the kids could stand, sit on a chair, all could kneel or all could sit on floor
 - ☺ use one or two hands
1. Adapt problem solving prefaces such as “Can you....?”, “Show me how you can...?”, etc., to the challenges

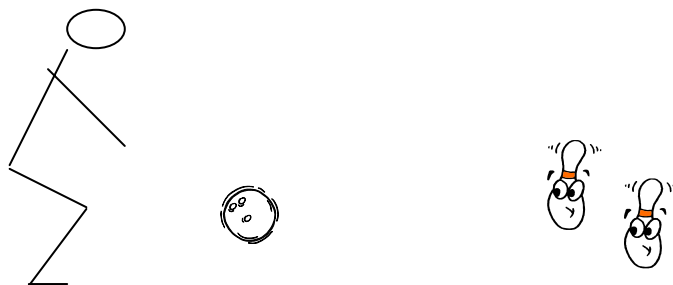
CHALLENGES

- a) **OCEAN WAVES** – shake the chute up and down
 - b) **INFLATION (UMBRELLA)** – inflate the parachute up over you heads
 - c) **TENTING** – inflate the parachute up over your heads and walk 3 steps in towards the centre to cause the parachute to billow up like a large tent
 - d) **HIDE-A-WAY (IGLOO)** – inflate the parachute as in tenting and then seal yourselves inside of the chute (canopy)
 - e) **FLY AWAY** – inflate the parachute, and on signal, all release the parachute at the same time
2. **Popcorn** – 6 sponges on bales on parachute and try to get them off cooperatively by moving parachute up and down.
 3. **Poison Snakes** – 6 skip ropes on parachute. Try to get snakes off without getting touched. If touched you put the snake back on the parachute.

4. **Alligator** – Sit with legs under the parachute and make waves by moving it up/down over alligator. The alligator gently pulls another student under the parachute by grabbing.
5. **Shuffle Bum** – Students sit on floor with parachute going. All students have a number. Teacher calls out 2 numbers and those 2 students must “shuffle bum” to the other person’s spots as quickly as possible.
6. **Ball Shake** – (Class divided into 2 or 3 teams). Shake the balls up and down, but do not let them come off on your team’s side of the parachute.

SOCIAL GAMES

BOWLING –

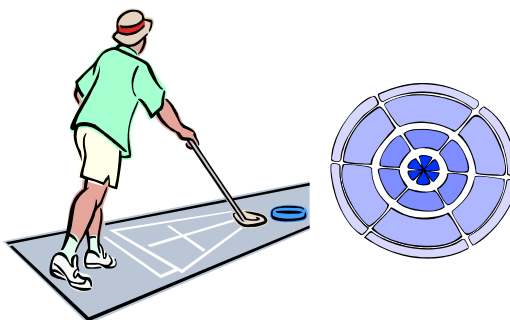


- 2 hands through the legs

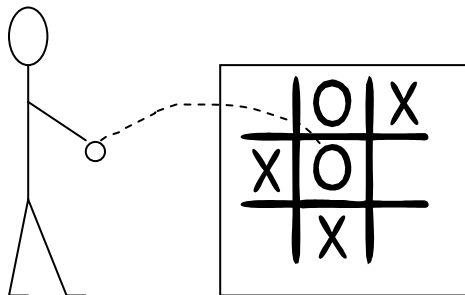
- One could also use a larger ball or larger pins or increase the number of pins to make it easier.

HORSESHOES/RING TOSS – Use larger horseshoes/rings, move target closer

SHUFFLEBOARD – Make your own game by painting a target by using markers on a large piece of paper. Make the target large. Wheelchair users and non-users could play this.

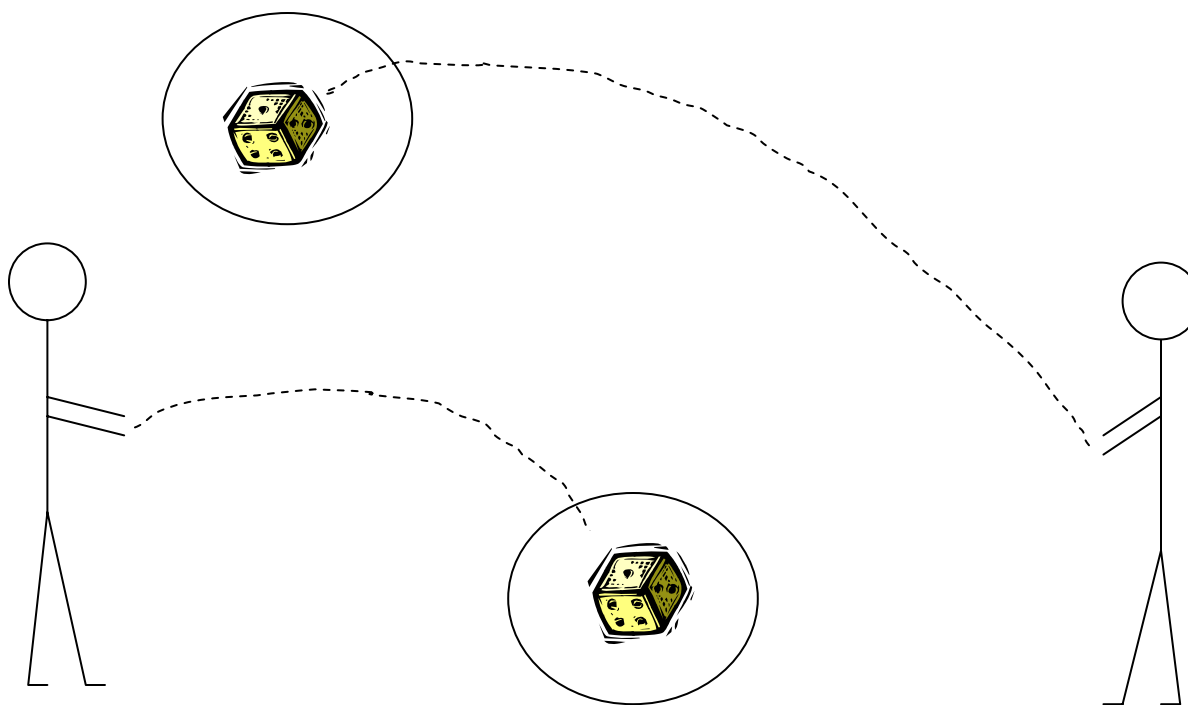


FLOOR TARGET GAMES - ie.darts, tic-tac-toe, 21, etc



21 HOOP DICE –

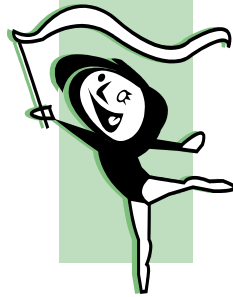
Roll or toss the dice into you opponent’s ring to score. The first player or team to reach 21 wins. The dice can be made out of foam.



CREATIVE ACTIVITIES

TASK CARDS – these can be set up as stations. Students rotate from station to station where there is a piece or pieces of equipment. The task card will say something like “what are 3 things you could do with this piece of equipment?” or “put together a sequence consisting of a jump, roll, clap and leg movements”.

RHYTHMIC GYMNASTICS - Attach a long ribbon or cloth to sticks to create the wands. Have individuals or groups come up with a dance to music.



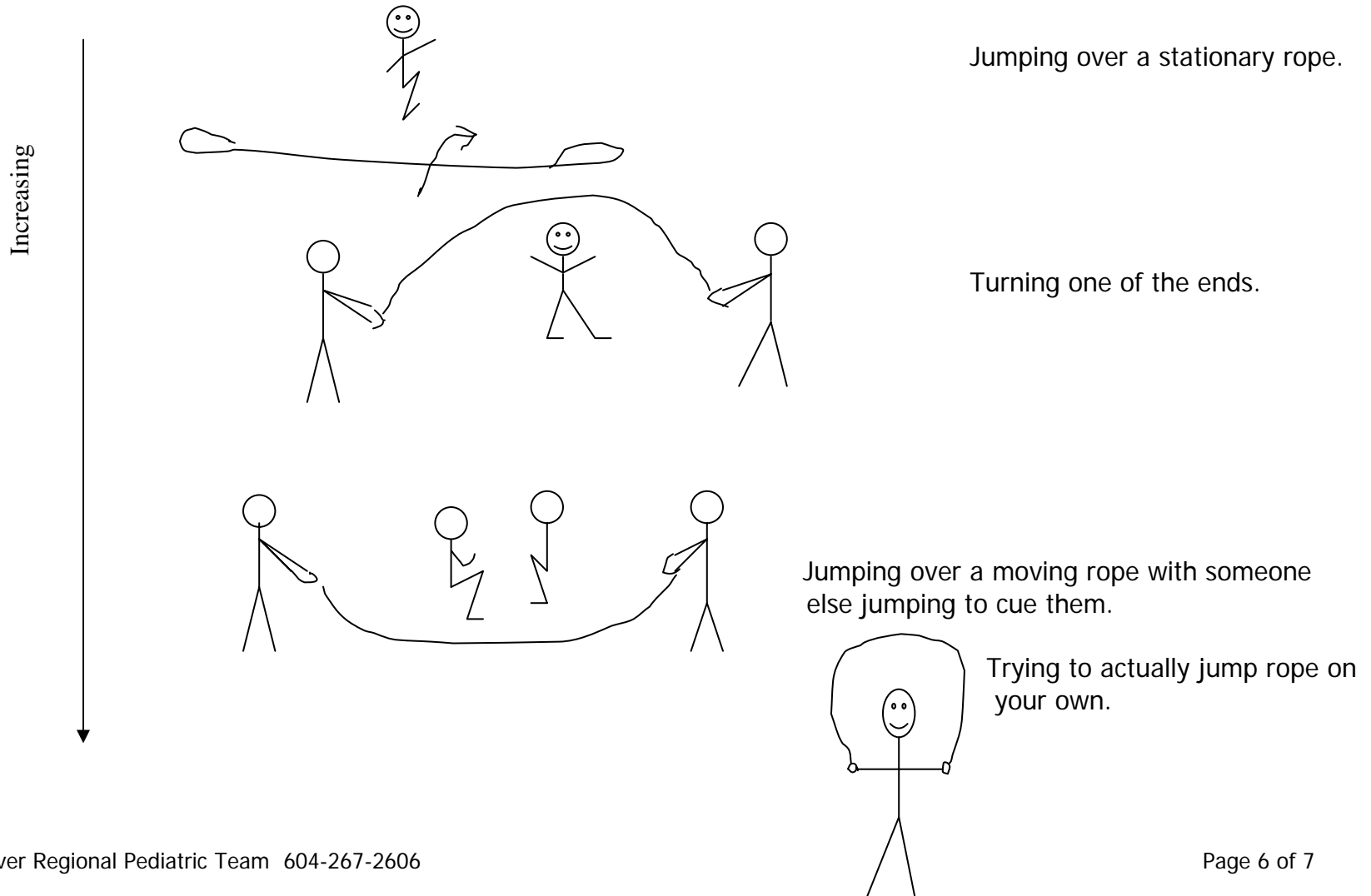
TELEPHONE DANCE – number cards 0-9. On each card write down an activity (example below)

#7 clap 3 times

Tape these cards on the wall so that everyone can see them. Have each student put together an outline copying the sequence of their telephone number. Each student's dance will be different.

SKILL DEVELOPMENT

STATIONS – have stations set up around the gym where there is different equipment at each station but you give the students a choice of doing a beginner level/skill with the equipment, moderate level and advanced level. This way everyone will be able to work at their own level at each station.



TEAM SPORTS

SOFTBALL IDEAS

- ☺ neutral pitcher
- ☺ use a “T” for stationary hit
- ☺ allow various sizes and weights of balls
- ☺ allow various sizes and weights of bats, racquets, etc.
- ☺ no one gets out on 1st base
- ☺ allow a runner for some students
- ☺ buddy students up in the base/field position so one student chases and one student throws
- ☺ thrown to 2nd base then 1st

BADMINTON IDEAS

- ☺ Adapt equipment, racquet with short handles such as racquetball racquet with larger surface areas and thicker handle for weaker grips
- ☺ Keeping ball/balloon, birdie up in air
- ☺ Play with whiffle balls, balloons, larger birdies, heavier outdoor birdies
- ☺ Attach ribbons to birdies to slow them down (float longer)
- ☺ Smaller court
- ☺ Partners don't need to use a net, just a line
- ☺ Try laying in different positions (ie. sitting, kneeling)
- ☺ Count how many times partners can keep birdie moving back and forth vs winning points
- ☺ Place birdie on racquet vs serving