

Vancouver Regional Pediatric Team

SPORT SPECIFIC ADAPTATIONS

Here are some sport specific adaptation ideas that hopefully will help better include all children during various activities.

There are many variables which can be modified when adapting sports. These can be broken into three broad categories:

- Equipment
- Physical environment
- Instructional components

Note: Planning adaptations does not necessarily mean always thinking ahead of inclusive activities such as extra planning and extra work. A modification could be a simple change in an activity or equipment choice during a PE class if you notice a student struggling. Once you know a student's capabilities and strengths you will be able to more readily think of what may work for a student with special needs during an activity in PE

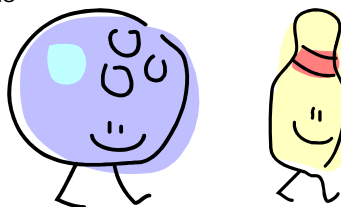
BASKET BALL

- Use various size balls (weight, texture, colour)
- Allow traveling
- Have the child shoot into a large garbage can instead of the 10 foot hoop
- Allow a 2 hand dribble
- Disregard the 3 second lane violations
- Allow student in a wheelchair to hold ball on lap while wheeling chair



BOWLING

- Simplify/reduce the number of steps
- Use 2 hands instead of 1
- Remain in stationary position
- Use a ramp (can purchase or use large PVC piping cut in half)
- Use lightweight ball and pins
- Use a partner
- Give feedback



GOLF

- Use a club with a larger head
- Use a shorter/lighter club
- Use an extension on the club
- Use coloured /larger balls
- Practice without a ball
- Use tee for all shots
- Shorten distance to hole
- Use extended croquet mallets instead of golf club



GYMNASTICS

- Use the lines on the floor as a balance beam, or tape lines on the floor and move them closer together to increase difficulty
- Use a bench for the balance beam
- Use a 2x4 wooden beam as the balance beam (all kids can participate)
- Keep shoes on for balance activities
- Try rhythmic gymnastics and allow the students to create their own routines. If using ribbons, ensure the ribbon is not too long.
- Instead of a wobble board, complete activities on an exercise mat (challenges balance but is not too difficult)
- Do these activities with a partner

SOCCER

- Use walking instead of running
- Have well defined boundaries
- Reduce playing area
- Play six-a-side soccer
- If student uses a wheelchair, allow them to hold the ball on their lap while pushing the wheelchair
- Use a deflated ball, Nerf ball, beeper ball, brightly coloured ball
- Use a target that makes noise when hit



SOFTBALL

- Use Velcro balls and mitts
- Use larger or smaller bats
- Use a batting tee
- Use a “neutral” pitcher
- Reduce the base distances
- Use Incrediballs (soft baseballs)
- Shorten the pitching distance
- Have a “runner” for child with wheelchair hitting the ball
- If student is in a wheelchair, allow them to push ball off ramp, off lap, or from a tee
- Provide a peer to assist
- Players without disabilities play regular depth defense
- Students without disabilities count to 10 before tagging out a person with a disability

TENNIS

- Use larger, lighter balls
- Use shorter, lighter racquets
- Use larger head racquets
- Slow down the ball
- Use slow-flight balls
- Lower the net or do not use a net
- Use brightly coloured balls
- Hit ball off tee
- Allow a drop serve
- Allow one or two bounces before returning
- Stand closer to the net on serve
- Do not use service court
- Use peer assistance – pair up student in a wheelchair with an able-bodied student

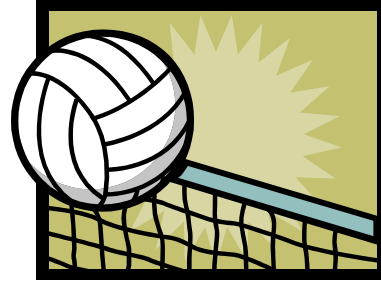


TRACK & FIELD

- Allow child in wheelchair to do relays but have the other teams run one more person to equal it out
- Instead of high jump and long jump have student in wheelchair throw shot-put and javelin
- Use lighter ball for shot-put
- Set up an obstacle course for student in wheelchair (manual or power)

VOLLEYBALL

- Use larger, lighter, softer, bright coloured balls
- Allow players to catch ball instead of volleying
- Allow student to self toss and set ball
- Lower the net
- Reduce the playing court
- Stand closer to the net on serve
- Allow ball to bounce first
- Hold ball and have student hit it



Adapt the activities as much as possible to include all children with disabilities in the class. However, it is also important to ensure that the remaining students are meeting the requirements of the curriculum. It is important to try to balance the class to meet the needs of all students. Adapt the way in which the skills are done for a particular sport and allow for an adapted version of the game, but, also allow the opportunity for the able-bodied students to play a non-adapted version of the game. Have the student with a disability be involved in the non-adapted game by refereeing, score keeping, or timing during the game.

