

Modifications for Students in Wheelchairs

Constructed by members of the Northern California Adapted Physical Education Consortium.

Soccer

- Change Surface
- Designate zones
- Allow them to put ball in lap
- Have someone help push
- Play on blacktop
- Milk jug soccer on blacktop – use a hockey stick
- Use therapy ball or Omnikin for pushing the ball
- Assisted goalie on knees
- Board on front of chair to push ball
- That student always throws in
- Put cones around spaces and if ball enters space, it is that student's ball

Basketball

- Lower basket
- Smaller court
- Trash can ball
- bucket use rope to tie to pole at any height allows for two baskets
- More pushes per dribble
- Use zones – wheelchairs only ones allowed in key
- Every three passes must get to this student
- Students in chairs are the goals
- Higher points for certain students
- Have 2 or 3 levels of play in class (non-competitive, competitive)
- Blind basketball – partners – one blindfolded only blind player can play. Partner on each
- Get scores for hitting backboard, rim or pole

Flag Football

- Bike flag – put hoop on flag if passed through hoop they got yardage. He was the receiver. Was tied to his wheelchair.
- Specific Position – center, blocker, hand-off
- Play on black top Zones

Softball

- Off the wall baseball – all hit at once
- whiffle balls
- Use T for everyone
- Water bottle bat on a dowel
- Count 5 alligators before you can throw
- Everyone has to stand behind second base
- Closer bases

- Blast Ball
- Line up kickball – or barf ball
- Wheel chair stops the ball it's an out
- No outs
- Pitchers hand – get ball to pitchers hand instead of first base
- If chair catches a ball or gets it then they run it around all the bases
- Ball has to touch everyone's' hand before thrown to base
- Use cone for base

Volleyball

- Lower net
- Balloons, beach, punch balloon, gertie balls
- Sit down
- Towel or blanket volleyball
- Everyone sit in chair
- Play for people not points – if you win a point, choose someone to come over to your side so the team is always changing
- Under Ball - play under the net
- Allow bounce
- Catch then hit
- Wallyball
- Step-up to serve or allow 2 serves
- Foam hands
- Trainer balls

Dance

- Line dance – put @ end of line – they don't rotate
- Everybody go half way instead of all the way
- Peer tutor partner
- Touch shoulder as go by or they do hands and you push
- Slower music
- Have students come to them

Hockey

- Scooter boards on stomach use hands
- Short hockey sticks
- Pick up push and push off tray
- Chair use as goalie can stop with chair

Inservice peers to work with other kids