

Adapting a Sport Student Worksheet

Sport:	Ability:
What is the sport/activity?	What is the disability? What about this disability makes this sport difficult? What would make this sport scary?
What are some essential elements of this sport that make it unique? <ul style="list-style-type: none">• How do you score? • How do you defend? • Special equipment? (baskets/nets/bats)	How might these essential elements be challenging/extra difficult for someone with this disability?
What are all the rules of this sport/activity?	

<p>What are elements of this sport/activity that could be changed but would still maintain the integrity of this sport/activity?</p>	<p>How might these elements be changed to allow people with this disability to play or have a fair advantage?</p>
<p>Safety considerations</p>	<p>Safety considerations</p>
<p>Describe this activity as if the audience has no prior knowledge of it.</p> <ol style="list-style-type: none"> 1. Name of the game? 2. What equipment do you need? 3. How do you win? 4. How do you score? 5. What are the rules? 6. What can you do and what can you <i>not</i> do? 7. How many people are playing? 8. What area are you using? 9. When is the game over? 	
<p>How do you intend to Lead the class through this game?</p>	

<p>Eg. Dodgeball</p> <p>Unique – humans as targets. Usually some separation between teams. People get knocked out. Some way to get back in?</p> <p>Could be changed - must hit someone in the air</p> <ul style="list-style-type: none"> - Must kick instead of throw - Must hit someone knees and up - Boundaries could change – no separating lines or closer area <p>Safety – can potentially kick a ball harder than throwing – use soft balls</p>	<p>No arms</p> <ul style="list-style-type: none"> - It is very difficult to throw with no arms/hands. - Ball moves fast - Keep human targets <ul style="list-style-type: none"> - Kicking allows everyone the same advantage - Above the knee is easier to see if someone is “hit” or trying to kick a ball
<p>Capture the flag – visual impairment</p> <p>Use no tagging? – first to find the gold on the other side and bring it back.</p> <p>Visual callers/guides</p> <p>Could use crawling instead of running</p> <p>Teams take turns -</p>	
<p>Baseball -</p> <p>Football</p> <p>Volleyball</p> <p>Basketball</p> <p>soccer</p> <p>Capture the flag</p> <p>Dodgeball</p> <p>Raquet sport (tennis, badminton, pickleball, squash)</p> <p>Wallball – gaelic handball</p> <p>Tag</p> <p>target games – disc golf? Bowling</p> <p>gymnastics</p> <p>dance</p> <p>relay races</p> <p>combat sports?</p> <p>Rock climbing?</p> <p>x-games – skateboarding/ tricks</p> <p>skittle ball</p> <p>cone ball</p> <p>handball</p> <p>quidditch</p> <p>lacrosse</p>	<p>5yr old</p> <p>Leg amp</p> <p>Paraplegia</p> <p>Hemiplegia</p> <p>Quadriplegia</p> <p>2 arm amp</p> <p>No hands</p> <p>Visual impairment</p> <p>Hearing impairment</p> <p>Elderly person – 90+</p> <p>1 leg</p> <p>Oshgood schlatters – can walk but not run</p> <p>Cerebral palsey</p>

Baseball	Single Leg Amputation
Football	Paraplegia
Tennis	Dual Arm Amputation
Lacrosse	Visual Impairment
Capture the Flag	Elderly
Cone Ball (Skittle Ball)	Dual Leg Amputation
Soccer	Visual impairment
Gaelic Handball (Wall Ball)	Hemiplegia
Yoshi	
Dodgeball	
Volleyball	