

## Gym Modifications

### Checklist For Primary Grades

- Help give out and put away equipment.
- During a game, the student could run or wheel in various directions. Wearing a coloured pinnie, the student could move with a matched buddy.

• Use enlarged equipment so that the student can see it and interact with it easier than if it were smaller equipment. This assistant is placing the ball inside the walker frame on the floor, to encourage the student to kick it with her feet. This is a game that she enjoys and it increases her walking.



- Move anywhere in the gym when the game is on, but when the whistle blows the student must freeze or stop and resume moving when the signal is given to commence the game.
- Choose a peer to accompany or to help with an activity.
- Press a switch or ring a bell or buzzer at important times during a game (e.g., when play starts, when a classmate scores, for a time-out, foul or offside calls).
- Activate a BIGmack or Step-by-Step Communicator to play recorded cheers or a cheer song.
- Switch activate a lite-brite board with the score on it during intervals. A buddy could change the scores when needed.
- Give pre-recorded instructions or directions for movements on a BIGmack or Step-by-Step.

### Games

- Hold a stick horizontally with two hands to hit a large, soft, ball back to a partner.
- Practice moving a beanbag, ball or puck with a stick around a series of posts.

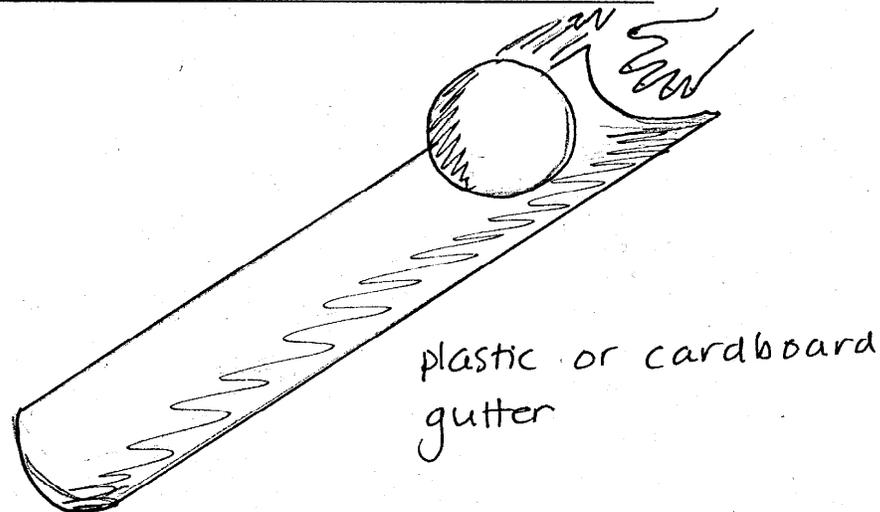
- Press a switch to activate a song for friends when skipping or playing ball. Classmates could pre-record some of their favourite skipping chants and songs.

- Use duct tape to tape a field hockey stick onto the student's wheelchair as demonstrated here. The student can be pushed in the wheelchair by the assistant or act as a goalie at the end of the room.



- Practice bowling with classmates using lightweight plastic floor pins.
- Participate in rolling the ball as well as setting up the pins.
- Roll a ball down a plastic gutter with one end on the student's wheelchair tray and the other on the floor, directed toward the pins.

DIAGRAM DEPICTING THE BOWLING BALL RAMP



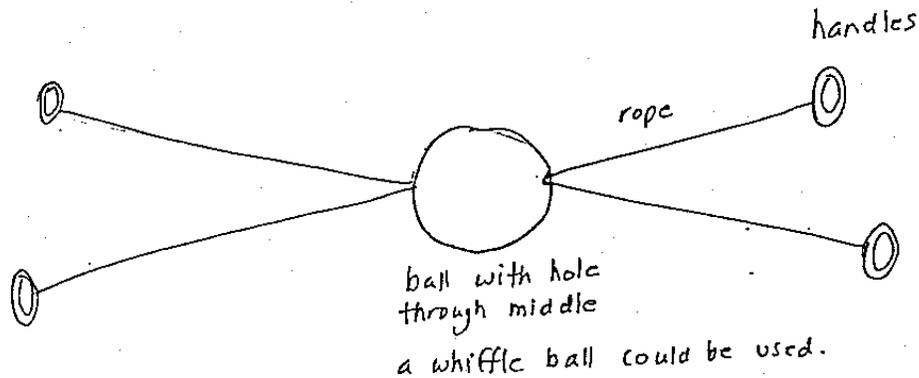
- Roll a Ball between Two Goal Posts: Use a bowling ball ramp and ball that are brightly coloured to provide contrast. Roll the ball a short distance to score by pushing the ball between two goal posts. This activity may be enjoyed by the whole class as a short gym activity or by a small group of peers. It may be considered a parallel game for floor hockey/soccer etc.

**NOTE!!** Peers can play while waiting on the sidelines to be included in the class hockey or soccer game.

- Snapp'r or Zoom Ball: Hold onto the handles and move arms apart to make the ball move along the cord toward a peer. The peer returns the ball by moving

their arms apart. This activity may be included when there is ball throwing to a partner.

DIAGRAM DEPICTING THE SNAPP'R OR ZOOM BALL



- Bat a balloon or a small, bright coloured nerf ball and keep it in the air alone or with a partner. Classmates could rotate as partners for the student. Begin the above with hands and then progress to a racquet. Cut the handle short on one racket. Replace the rubber grip on the end of the racket if possible using hockey tape. Or use a racquetball racquet, which has a shorter handle.
- Attach a balloon or light ball to a tetherball rope or stand. Hit the balloon with the racket. Holding close to the head of the racket will give more control.
- Play in a smaller designated area.

• Students can practice their mobility skills such as using a walker during a group game or a warm up activity. A buddy might be paired up with the student to assist.

