

# ADAPTIVE SPORT IDEAS



IWK Health

Pediatric Rehabilitation Service

# General Principles of Sport Adaptation

**Adaptations can be made in 4 major  
areas:**

- **Instruction**
- **Rules**
- **Equipment**
- **Environment**

## **General Tips for Adaptive Sports:**

- **Allow for more practice opportunities to learn the game/skill prior to gym class**
- **Focus on inclusion**
- **Focus on learning the skill to the best of the child's abilities**
- **Implement team building activities rather than competition based activities to eliminate stress of winning**
- **Implement multiple modalities- visual, auditory, kinesthetic**
- **Implement peer teaching for learning skills**
- **Focus on ability**



## Adaptations for Games with Balls

- Use bright colored balls
- Auditory Balls
- Lighter balls
- Larger balls
- Use a ball with different textures
- Use softer balls



## CATCHING GAMES MODIFICATIONS

- Use Velcro mitts with a tennis ball
- Throw with underhand toss
- Stand closer together
- Use a beeper ball
- Use a larger ball
- Use a lighter weight ball
- Allow different types of grasps/ball handling



## TAG MODIFICATIIONS

- Use pool noodles to tag
- Use bean bags to tag
- Allow safe area where players can go without being tagged

## GYMNASTICS MODIFICATIONS

- Encourage student to get out of wheelchair if possible
- Work on change of speed and direction of movement
- Attach a streamer or flag to the wheelchair – use speed to keep it flying – move arms with short streamer
- Sit on peanut roll or ball and reach for objects up/down/to the side
- Use modified balance beam – walk between lines on the floor
- Use a regular gym bench as a balance beam



## **BASKETBALL MODIFICATIONS**

- **Allow 2 handed dribbling**
- **Allow traveling**
- **Wheelchair users may hold ball in lap while moving**
- **Lower the basket**
- **Modify the basket (i.e. garbage cans on floor)**
- **Vary size of basket opening**
- **Create a more visible backboard (i.e. brightly coloured)**
- **Alter court boundaries**
- **Only allow bounce passes**
- **Student has a special role on the team (i.e. guarding the hoop)**
- **Slow the pace of the game**



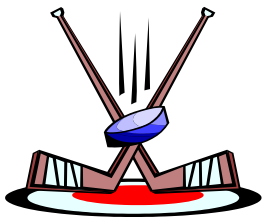
# BOWLING MODIFICATIONS

- Use 2 hands
- Remain in standing position
- Use ramp or gutter
- Shorten the distance to the pins
- Eliminate gutters



# HOCKEY MODIFICATIONS

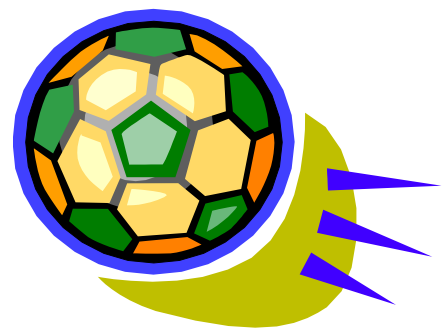
- Use plastic sticks
- Place 2 goalies in the net and have student with special needs as 1 of them
- Attach hockey stick to front of wheelchair
- Place a large board in front of student's feet on wheelchair (i.e. for goalie)
- Use a ball rather than a puck – vary the size and weight
- Enlarge the size of the blade and make it coloured
- Vary the size of the goal





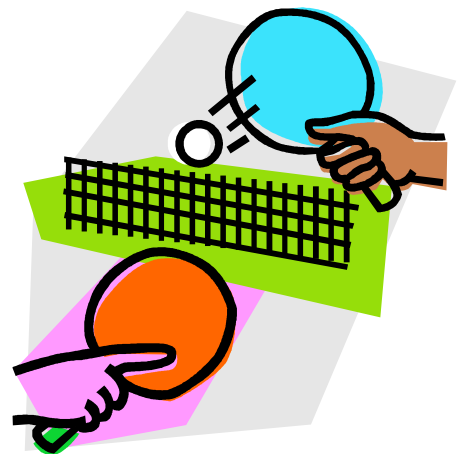
## **SOCCER MODIFICATIONS**

- **Use deflated ball – this will slow it down**
- **If goal keeper: reduce size of goal**
- **Other children must use non-dominant foot**
- **Use 2 goal tenders**
- **Student can use hands to hit or pass**
- **Decrease size of field**
- **Student may perform specialty roles (i.e. throw ins)**
- **Attach a board to the wheelchair's foot rest to provide a striking surface**
- **Hockey stick can be duct taped to student's wheelchair**
- **Allow walking**
- **Alter the number of players per team, more players so there is less field to cover**



# TABLE TENNIS MODIFICATIONS

- Use larger paddles
- Use under-hand shot to score
- Shield edges of table to protect balls from bouncing off
- Have assistant retrieve balls
- Do not use a net
- Use nylon racquets



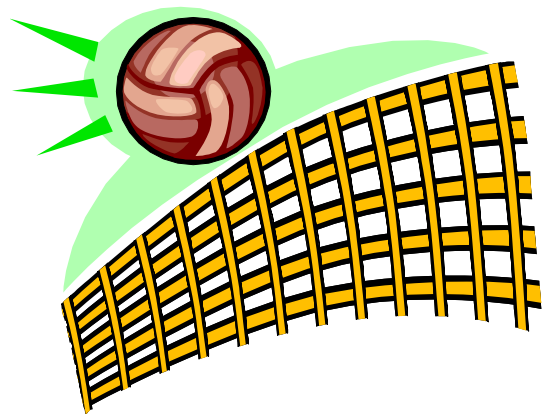
# TENNIS MODIFICATIONS

- Use shorter/lighter racquets
- Use larger headed racquets
- Allow a drop serve
- Stand closer to net to serve
- Allow serving from a tee
- Lower the net
- Alter positioning to be closer to the net



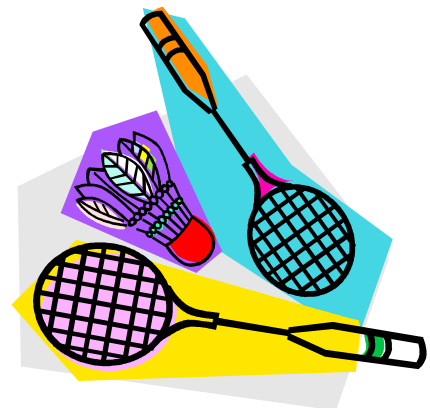
# VOLLEYBALL MODIFICATIONS

- Allow players to catch the ball
- Let assistant hold ball while they serve
- Play game sitting down
- Allow more hits per side
- Use a beach ball or balloon
- Raise or lower net
- Increase or decrease court boundaries
- Allow ball to bounce
- Some students could be closer to net
- Allow student to catch and throw the ball to teammate



## BADMINTON MODIFICATIONS

- Use larger headed racquets
- Use short handled racquet
- Use a beeping birdie for visual impairment
- Use balloons instead of birdies
- Use Velcro strips to attach racquet to players hand
- Use a wider or larger net
- Increase or decrease size of court
- Bat a balloon with hand then progress to a racquet
- Attach a balloon or light ball to a tether rope – hit the balloon with racquet
- Attach a birdie from a rope hanging down and hit it



## BASEBALL MODIFICATIONS

- Add bells or sounds → for running to bases
- Decrease distance between bases
- Use Velcro balls and gloves to ease the catching and grasping
- Use a batting tee
- Shorten pitching distance
- Allow wheelchair users to push ball off a ramp, lap, or tee
- Use a designated runner
- Use a designated hitter
- Run with another student when they hit the ball
- Practice throwing/catching with a beanbag and catchers mitt

