Parallel Physical Education Activities

For

Secondary Students

with

Severe Impairments

These activities are designed for students with more severe impairments who cannot participate safely or successfully in the regular unit of instruction but come to the regular physical education environment with their non-disabled peers. These activities are intended to parallel the unit of instruction which the remainder of class is engaged in. For example, if the remainder of the class is involved in a basketball unit, students with severe impairments will be engaged in some type of basketball activity within the environment but independent of the main activity.

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Parallel Activities for Students with Severe Impairments

Basketball

Use a modified goal:
Large trash bucket; hula hoop taped between 2 objects; adjustable basketball goal; small nerf basketball goal; use modified ball if necessary

- Have peer helpers use chairs with wheels or scooterboards and use other peers to help push wheelchair students if necessary. Play a game using modified goal and modified rules (i.e no dribbling, no goal tending).
- Have students throw at a square put up on the wall to simulate a basketball hoop.
- Have students drop or toss small balls into a box or a garbage can or pitching net
- Play modified versions of shooting games found in Modified Activities Handouts

Volleyball

Use a modified "net" – suspended rope, row of chairs
Use suspended "ball" – suspend balloon or beach ball in front of student to strike
Have students sit on polyspots and tap a balloon over a string

Softball

Use modified equipment:
Target games, nerf balls, a variety of striking implements, T-stand, suspended balloons or beach balls, or tie a whiffle ball to a string and tie the other end of the string to the T-stand to prevent chasing the ball all over the area.

- Allow student to strike ball off tee or strike suspended ball with hand, small implement, or regular bat. Student may be assisted or pushed around the bases.
- Allow student to propel ball or smaller object (beanbag, Koosh ball) towards a target. Tossing objects into hoops, buckets, or velcro target games are more motivational.
- Strike a ball off of a tee and then run to one base and back to home.
- Use Velcro catching mits or velco gloves for tossing and catching practice.

Soccer

Use modified equipment: Balloon, suspended balloon, suspended beach ball, nerf ball, playground ball, or heavy ball with bell in it.

- Allow student to kick ball into a goal or kick object that strikes a target.
- Allow student to push the ball with the foot rests of the wheelchair.
- Use hockey sticks to hit the ball into the net.

Football

Use modified equipment: A variety of balls and targets, scooter boards

- Allow student to toss softball at or through various targets.
- Allow student to kick field goals by tossing ball through modified uprights.
- Allow student to play modified game of football with peer helpers on scooter boards (3 or 4 on each team).
- The student with disability can be pushed though different routes and ball should be tossed easily

Bowling

Use modified equipment: Balls of different size and weight depending on dexterity skills of the students; various targets (pins, 2 liter bottles) possibly a bowling ramp; table; mat

- Allow student to toss softball at or through various targets Allow student to toss objects across table to knock down pins
- Body Bowling: place student on a mat in a prone or supine position and place pins a couple of feet away from the student on both sides. Encourage student to roll both to the right and left far enough to knock down the pins with the body.

Miniature Golf

Use modified equipment: Small implement for striking (drumstick, ping pong paddle), various balls of different size and texture (yarn balls, tennis balls; different targets such as shoe box turned on its side, a small hoop, table top
Place student in the position that will allow the most success in striking an object towards a target (in the wheelchair striking a ball across a table top or possibly on the floor.

- Allow student to putt (strike) ball towards a target that is both challenging and success oriented
- Allow student aide or partner to assist with hand over hand instruction

Bocce

Use modified equipment: Some type of ramp (commercial bocce ramp, large piece of cardboard, gym mat), bocce balls or simulated balls (softballs, yarn balls) , a target ball

- Allow student to use ramp to play a modified half-court version of bocce
- Without ramp, allow student to toss bocce balls toward the target