

Adaptive PE games and activities

Low Incidence Activities:

Zip Line: rope, whiffle ball or noodle

Hammering Tee's into foam (writing letters/numbers as targets)

Pushing off ping pong ball from TEE which is tied to a string and tied to the back of the foam.

Balls on small cones: throw a larger ball trying to knock off ball on cone.

Bocce Ball: option ball ramp Variation: Drop Ball: use cardboard or plastic Cylinder to drop ball thru and try to hit larger target

Knock out: Large ball in 4 square, student throw balls/bean bags to try to knock ball out of square.

Large/board Games: penguin, feed the pig, large over scale pailina: don't let the balls drop.

Oversized tidily winks

Basketball: tape several hoops together to make a chain and hang from basketball net, use of small wide basketball base

Parachute: use of carabiner on the handle of the parachute and a rubber bracelet around the students wrist.

Octopus parachute type cooperation game

ART: use of dot makers- always tie to book

Shuffle board Stick: to use instead of kicking balls bought or made out of pvc

Mat and yoga ball positions and exercises

Platform swing: I only have at my high school

Hockey stick with puck- home make out of pvc puck, has heavy washer on bottom, top has half whiffle ball glued on

Foam beading: use of rope and noodles, letter/numbers

PVC frame over the the wheelchair, handing objects to reach

Use of Balloons: many

Sensory: home made light board, gel bags, letters/shapes/numbers, led light (dollar store), light up bracelets/necklace,

flash light with reflector lights and sensory bottles filled with water, gel and sparkly or small objects

Pet Laser for student to use to find an object

Use flashlight to have student move to another area

Tag: backpack/sock: use dollar store mesh hampers and tied rope to make handles. Velcro vest/ball tag

Baseball: tie string to ceiling or pvc frame and attach it to ball for striking Use large Tee cup in cone for larger balls.

Soccer: Sand balls and use of larger balls

Music: PS 2 Eye toy, in general use a lot of music for warm ups and use you tube for warm ups, following directions with moving body.

Songs: Tony chest nut, also I have songs with words on cards and as they are sung the students place the cards in the noodle.

Yoga ball drumming: Yoga ball on bucket or trash can or some base, drum sticks or rhythm sticks and high energy music

Use of tunnels- going thru, car wash unit

Hulla Hoop castle/Fort- build with 4 hoops and students knock down with balls

Omnikin Ball

Velcro Dart: students push velcro dart/cube on to target which is on the floor.

Matching: roll dice with shape/color and match it to laminated cards on the floor/table

Ball ramp Drop: made out of card board make tunnels zig zag and the students drop the ball on the top ramp and watch it go to the bottom.

Net Swing

Table games: bowling, hockey, soccer

Balloon on a string race: string, straw, balloon, picture taped to the side. Rope on one side is taped, While holding the other side of the rope

tightly and then letting the air out of the balloon- the picture which is attached to the balloon races! Use of dollar store balloon pumper

Multi Step Game: two buckets in the middle, many poly-spots scattered. Students steps on any spot and throws their bean bag into bucket,

If successful, picks up poly spot and puts it in the bucket, then picks up their bean bag from bucket and picks another spot.

Switch: ablenet switch with toys. I also have switchamajic switch

New: Learned from conference but have not tried yet...

Soccer puck (Hover air)

Wind Tunnel with fan

Apps: coaches eye, eat and move, my incredible body, healthy hero, my bowling hd, super duper data tracker, story bots, eye jumper,

super stick golf 2, tempo slow, able net sound board, sign for me, daily physical activity, body part by baby best and edmodo.

Glove with sticky tape for catching

Cut out strings in tennis racket and tape bag for catching

Knock in instead of knock out- which is knocking a ball into large bin

Tarp with large holes for throwing

Garbage bag full of lots of balloons

Assessment for low Incidence: MATP, Region 10, Project Mobility, CTAPE, KALMS

Rockport is alternate to Fitness Gram