

My Bag of Tricks
Share the Wealth - 2014
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“SOFTI” BALL ACTIVITIES

Objective: This is a great way to get students to exercise their entire body.

Equipment: “Softi” balls, enough for each student

Activity: Each student receives a ball and asked to listen carefully to instructions.

1. Squeeze the ball between their hands and make “BRAINS”, then let ball resume shape.
2. Squeeze the ball under the arms and behind the back.
3. Sit down and lay on the ball on stomach and then the back.
4. Curls ups with the ball in hands and tap knees with the ball.
5. Push ups over the ball, squish it with their body.
6. Put the ball between the knees and squeeze.
7. Put the ball between the ankles, lay on your back, and lift legs up in the air.

BOCCE MARBLES

Objective: To use rolling skills, eye-hand coordination, and following simple game rules.

Equipment: 2 balls of various colors and 12-20 other balls.

Activity: This is a small group activity (6 per group) or can be used as a station activity.

Students receive 2 balls (same color), then the remainder of the balls are placed on the ground in a specific area. Students stand behind a line and one at a time roll their ball into the playing field. They are attempting to hit any ball on the playing field. They pick up any ball they hit.

Their rolled ball stays on the playing field. When the student runs out of balls their turn is over.

The winner is the last person with a ball(s). Points are awarded for winning a round; 1st Round = 1 point, 2nd Round = 2 points, 3rd Round = 4 points.

GROUP BOWLING

Objective: Students practice bowling skills.

Equipment: 4-8 Plastic bowling sets and bowling ramps.

Activity: Set up all the ramps in a large circle facing into the center. Set up as many pins as you want into the center of the circle. Now have each student bowl one at a time or all at the same time. Helpers retrieve the balls and replace on ramps and set up pins. This is a great activity for a station at a field day.

CHOOSING TEAMS – ANIMAL SOUNDS

Objective: Students are placed on teams randomly.

Equipment: Pictures of various animals; bee, pig, horse, cow, cat, dog, frog, etc.

Activity: Number the students randomly from 1 to 8. (The number will vary, depending how many teams you wish to form.

Now show the animal cards, #1 – #8 which shows the animal their number represents. Example: #1 a Bee, #2 a cat, etc. As you show them the card you also demonstrate the sound that the animal makes and have all the students with that number make the sound. After all the animals

have been demonstrated, tell the students that they must find everyone in their animal group by ONLY making the animal sound of their group. When they have found everyone in their group they must sit down to show they are finished.

Name Game Activity: To introduce everyone in the group to each other you may choose to do a name game. The first person says their name and a sport that they like and make up a sound for that sport. Now the next person repeats what the first person said, then introduces themselves and says which sport they like and a sound for that sport. This continues until everyone has been introduced. Then the person who went first has to go around the circle and tell everyone's name and the sport that they like and the sound for that sport. By the end of this game everyone should know everyone's name and what sports they like.

ACTIVITIES FOR INDIVIDUALS WITH SEVERE/PROFOUND DISABILITIES

Pantyhose manipulative activities

Jim Rich - Gateway Education Center, Greensboro, NC

Equipment: Pantyhose, wiffle balls, jingle bells, jump ropes, cardboard tubes, nerf balls, toy bowling sets, and balloons.

Activities:

1. Table activities - tilt small table by putting blocks or books under one or two legs. Move students in wheelchairs up to high end of the table. Set up objects for students to knock down by rolling a ball. With the tilted table it takes very little movement by the student to get the ball to roll and they have greater success. You can also have students, with more strength, try to roll balls up the incline and off the table into a bucket or can.

String cardboard tubes, balls, toys, etc. on ½" elastic cord, then tie the ends together. Tape the knot securely. Now place the elastic cord on a table where students can reach and let them move the objects along the cord. You can place loops along the cord so the student's hands will not lose contact with the cord.

2. Jingle bell balls – push small jingle bells into a wiffle ball. Now you have a ball which makes sound when rolled, great for students who have visual impairments.

Tie six nylon donut pieces around a whiffle ball, now it's soft and easy to hold.

3. Pantyhose rope – roll single leg nylon pantyhose into the donut shape. Connect the nylon donuts together to form a rope. Now suspend the rope across the gym or room at head level. You may need to use unrolled nylon pantyhose to connect the rope on either side. Now you can hang jump ropes, pantyhose with balls inside, balls on a string, and balloons on a string from the suspended rope. Put the objects through the donut shape so the students can try to pull it out or they can practice turning the rope, shaking the rope, or pulling the rope. They can also practice hitting the ball or balloon with their hands or a racquet.

4. Pantyhose ball – roll single leg nylon pantyhose into the donut shape. Connect the donut shapes together with small pieces of cut up pantyhose into a ball shape. It takes 14 donut pieces to make the ball. This ball is much easier to catch and throw for individuals with limited strength and dexterity.

Now blow up a balloon inside the ball and it will BOUNCE! ! !

Wedge Roller

Equipment: 1-2 wedge mats (or flat mat and box), various size balls, a big 40 ball, empty 2 liter bottles, bowling ramp.

This activity will help students track the ball as it rolls down the wedge mat, allowing students to reach, grasp and place the ball as it approaches them etc. Place liter bottles at the end of a wedge mat on the lowest end of the pie wedge. Each student has a turn to roll the various balls down the mat and knock over the bottles. Wheel chair students can use their hands to roll from chair or other body parts that can move etc. You can be creative and put any type of objects for students to knock down. If you do not have a wedge mat, use a regular mat that has a box or secure item to place underneath the mat to give the same effect. Remember to think safety when doing modifying. Another idea if you have 2 wedge mats: roll the big ball down and up the mat to the other students and see if they can respond to the ball coming and push the ball back and forth. you can put students around the mat and use you adult helpers to assist. The idea is to keep the ball moving, having the students track the ball and reach out and touch it etc and make it move again. Blind students will require your assistance and talk to them about the ball coming to them. Also can use noise balls with the vision impaired. Use a bowling ramp instead of a mat or cardboard box in the shape of a tube and place the various balls, bottles etc at the end 5-10ft away and have students roll a ball down the ramp and try to see how many items they knock down etc. Have the ambulatory students set up the items each time. Praise all students for their hard work and let them know how well they are doing. Again, use what you might already have in your closet or be creative with what is available at your school. Learning can be fun and we have many challenges along the way. Sometimes playing can motivate even the most challenging students, creating a skill building opportunity for all.

Soccer Activities

Equipment: Bowling ramp and pins, large toy croquet set, parachute, soccer balls, large over sized soccer ball, and various objects.

These activities were designed for students with severe and profound disabilities and they can be used for students with higher abilities.

Soccer Bowling; use a bowling ramp and a soccer ball with bowling pins. Have the students push the ball down the ramp to knock over the pins. Or you can use a small soccer goal for your target.

Soccer Target Bowling; use a bowling ramp and a soccer ball. Push the ball down the ramp towards a target painted or chalked on the grass, which looks like an archery target. Or you can use tape on a gym floor to make the target and a somewhat flat ball so it doesn't roll so far.

Dribbling drills; using a soccer ball or an over sized soccer ball, depending if they are kicking the ball or they are using a wheelchair to push the ball. Kick or push the ball through the croquet wickets or you can use ½ of a hula hoop or foam noodles for larger balls.

Dribbling object course; use any objects on the ground for the students to dribble around. This is more fun and interesting than dribbling around cones.

Parachute kicking activity; have the students around the parachute with helpers in between the students. Put the over sized soccer ball underneath the parachute. Now students kick the ball across and underneath the parachute to the other side. Keep the ball moving helpers retrieve the ball when it doesn't make it across or get away from the group.

PAPER PLAY – WINTER HOLIDAY THEME

Objective: Students will work on movement skills, rhythmic skills and aerobic activity.

Equipment: Paper – 8 1/2” x 11”

Activity: Students are to scatter around area in their own personal space. Students are asked to remain in their area and listen for instructions for specific challenges from the teacher. A holiday song is played (example: “Winter Wonderland”)

a. With the flat sheet of paper between your hands, “clap” the paper using 4-4 time with the music. With the paper between hands; clap the paper in front of body; to right and left side; clap high and low; clap in a circle; between the legs; one arm in back of the leg then switch; high clapping on palm of hand and spin around trying to allow air resistance to hold paper on hand; clap only with finger tips; only thumbs, using one hand catch paper on chest; and catch paper on the hip using one hand.

b. Wad paper in small ball and hold in one hand. Now, instruct students to roll that ball into a smaller ball using the other hand; make little tosses from one hand to the other; high and low tosses; jump as they toss the ball; jump to catch the ball; jump to toss and jump to catch; toss, clap, and catch; toss ball, turn around, and catch; toss ball touch the ground then catch; with a partner, catch the ball with one hand.

c. Now with hand high in the air, “un-wad” the ball. Now flatten and smooth the paper as best they can. Now fold the paper long-ways end to end, then fold it in half and crease it. Now tear the paper in half along the crease, which gives the student two pieces of paper. Now put one piece of paper under each foot on the floor and step on the paper as “skates”. (Note: the floor must be pre tested to allow for paper to slide)

“Skate” to music and the following challenges are presented; backward skate; skate in a circle; skate with a partner (promenade hand hold); skate to a new partner and skate one forward and one backward; skate to a new partner then turn around and skate away

d. Pick up the paper, one piece in each hand and wad the paper into two small, tight balls. Now repeat some of the activities done previously with one ball, but now using two balls. Examples: juggle; toss; hand over; right toss/left toss; right catch/left catch; toss and catch with a partner.

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e. A faster-paced song is played (Example: “Rudolph the Red Nosed Reindeer”) and students are directed to listen carefully for instructions for a SPECIAL “snowball fight”. Students are instructed to throw their “snowballs” ONLY at people’s FEET, not at their faces. Students can retrieve anyone else’s loose “snowballs, or run to keep from being hit. This activity can become very aerobic. Stop when teacher signals. The last “snowball” throw should be in a large trash can, with a reminder to students not to litter.

Locomotor Activities

Frog Pond

From: Ellie Goldman, Sacramento, CA

Equipment: Frog or any type of bean bags, movement cube, lily pads (made of construction paper which has been laminated) or poly spots.

Start by placing the frog bean bags: on, over, under, beside, etc. the lily pad. Then have the students do the same things themselves. Using the movement cubes, have the students do locomotor movements from a starting point to the lily pad and retrieve the bean bags then replace the bean bags. Or you can have them do locomotor movements around all the lily pads.

Fall Leaves

Cut out different color leaves from laminated construction paper. Spread the leaves out about 5 yards from the students. Using the movement cubes, have the students do different locomotor movements to retrieve the leaves and color match them to apple baskets.

Apples

Same as Fall leaves but cut out apple shapes and do the same activities.

Snow

Use styrofoam packing peanuts as SNOW. Place the SNOW in holiday bags 3 to 5 yards from the students and empty bags in front of them. Using the movement cubes, have the students perform different locomotor movements to retrieve the SNOW in their hands and place it in the empty bag. The activity is finished when the bag is full of SNOW.

Holiday Objects - Halloween, Thanksgiving, Christmas, Easter, etc. students doing different locomotor movements.

Other Equipment Ideas

- Bowling pins - plastic soda bottles with bells or marbles placed inside for more noise.
- Soccer ball/bowling pins/hockey pucks - milk or juice cardboard containers or shoe boxes, filled with news paper and tapped.
- Soccer ball - plastic shopping bag filled with styrofoam packing peanuts.
- Toy basketball hoop - add hooks on the backboard so you can hook it to a chair or fence.