

# Physical Education

## Appendix E: Accommodating Special Needs

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### 1. Modify Activities to Equalize Competition

- Allow a student to kick or throw a ball while being seated or standing stationary.
- Increase the number of players on the field.
- Put blocks on a chair for the shuttle run for students who cannot bend and reach the floor.
- In volleyball allow students to catch the ball and throw it and/or allow the ball to bounce.

### 2. Require tasks to be more difficult for able-bodied students (e.g., have the able-bodied students run backward, crawl on hands and knees, do jumping jacks, etc., to equalize competition).

- Allow students time to demonstrate a task that is commensurate with their abilities.
- Play games on gymnasium floors or on other smooth surfaces that do not limit mobility.
- Ask the challenged student the best way to modify the game to allow him/her to participate.
- Ask other students in the class for their ideas on ways to modify games.
- Have everyone agree that an activity modification is fair to all.

### 3. Decrease Distances in Physical Education Activities

- Run only half the distance in a relay.
- Move bases closer together.
- Allow students to be closer to the target/goal/net.
- Decrease the size of the court/field so students have less territory to cover.
- In volleyball or badminton, allow students to serve from mid-court or set the ball to another player.

### 4. Provide Additional Opportunities

- Allow three foul shots instead of two, four strikes instead of three, ten arrows instead of six, etc.
- Use a buddy system where an able-bodied student assists a challenged student, giving all students the opportunity to help.
- Match ability to position on the field in a game to ensure success for the challenged student (e.g., a student in a wheelchair could be a pitcher for kickball, using a ramp to deliver the ball, a student with a heart problem could play goalie in soccer or a pitcher in softball).

### 5. Provide Adapted Equipment

- PVC gutter ramp for rolling a ball
- Larger, lighter and/or softer ball
- Larger and/or flatter bases, goals, targets, baskets, etc.
- Bowling ball with retractable handle

- Larger bat
- Bowling ramp
- Beeper balls
- Larger racquet (face and shaft)

#### **6. Deemphasize Winning**

- Encourage students to "Do the best you can, participate, have a good time, and learn." Do **NOT** post the best fitness scores. (You may want to post the most improved).
- Teach all students not to fear mistakes, as mistakes present a learning opportunity.
- Individualize curriculum as much as possible for **ALL** students in a class.
- Set realistic expectations for all students. Encourage students with positive comments such as "You did better," "Great effort," "Do the best you can," and "Have fun."

For additional ideas and games go to:

<http://www.pecentral.org/adapted/adaptedactivities.html>