

## Gym Activities For Everyone (Elementary & Secondary Strategies)

This 1 ½ hour workshop will guide participants through a variety of strategies to help them adapt and modify gym activities within both primary and secondary grades. Participants will also view students using their own skills to participate in ways that are meaningful to them. Active versus passive participation is emphasized.

Presenter:

Date/Time: 1 ½ hr

Location:

Host/contact: R.S.V.P.

Email:

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### 1. Introduction (5 min.)

### 2. Levels of Adaptations & Modifications (20 min.)

- Review Levels of Full Participation / Adapted Participation / Parallel Participation / Supportive Participation (Adaptations Sheet)
- Activity: View video clip: “Adapted Relays” and discuss which level of participation the student experienced as well as the adaptations that the PE teacher arranged. Discuss.

### 3. Knowing Your Student’s Skills & Motivators (15 min.)

- Student Specific Skills For Gym (Skills Handout)
- Knowing Your Student’s Motivator (Motivators Handout)
- Activity: List the motivators for Todd and the skills that he is working on in the video clip

### 4. How Many Ways Can P. E. Be Adapted To Include Students With Multiple, Severe Challenges? (30 min.)

- Review some of the Primary Adaptations & Games (Handout)
- Activity: View video clip: Adapted Soccer Game and list some of the adaptations you observe and what the teacher does to clarify roles and rules. Discuss
- Adaptations For Intermediate, Middle School & Secondary (Handout)
- Activity: View video clip: Adapted Floor Hockey and list the adaptations and directions that you observe that make this a successful activity. Discussion

### 5. Recreation Ideas

- Activity: View video of student swimming, skiing and hiking with adaptations (15 min.)

### Handout Package Includes

- P.E. Adaptations/Modifications
- Sample Skills For Gym Class
- Sample Student Motivators
- Primary Adaptations & Games
- Adaptations for Intermediate, Middle School & Secondary
- Recreation & Leisure Inventory

## **Resources**

- Video: Integration – Meeting The Challenge, Cost \$50.00 plus tax. 250-595-2088 or view on website [www.pisp.ca](http://www.pisp.ca)
- Moving To Inclusion Series: Active Living Through Physical Education: Maximizing Opportunities For Students With Various Disabilities. Canadian Special Olympics Inc. *Telephone: 613-748-5639*
- AbleNet Book of Possibilities – Activities Using Simple Technology, 2<sup>nd</sup> Ed.