

ENJOYING RECESS - INDOORS OR OUT

Indoors:

- Bowling (PVC shoot tube and ball, see PE strategies)
- Wheelchair Floor hockey
- Board games – throw a large dice
- Dance to music with walker, or with peer pushing wheelchair
- Play music using tape player
- Gym equipment monitor/collector
- Reading books with audiotapes
- Tell jokes in different classrooms with Step by Step
- Mail deliveries for teachers/students
- Bubble blower: hold wand dipped in soap in front of a fan.

Outdoors

- Ball games - basketball: cheer for team with Step by Step
- soccer: use a large diameter therapy ball
- Wheelchair swing or adapted swing without wheelchair
- Skipping rhymes on Step by Step. Classmates could pre-record some of their favourite skipping chants and songs. The end of a skipping rope can be tied to the student's chair or a buddy who is turning rope is standing right beside him/her.
- Blow bubbles with large wand and built up handle, wave through air
- Long walk or stroll on school grounds
- Hide 'n' Seek
- Climbing equipment with a small ramp for easy access.
- Swing with supportive seating, i.e., seat with flat, hard base and a low back. (This is a safety issue for other students and will have to be attached and removed each time the student uses it.)
- Encourage the student to push a buddy on the swing. He or she will require some hand over hand assistance with this initially e.g., shaping of arms and hands up and “push” action.
- Parachute games (in wheelchair or walker)
- The student could have a bucket of water on the wheelchair tray with a small dipper. Peers who want small amounts of water for building within the sand area come to the student to get it and to return the dipper.

- The student can play a ball game with a large diameter ball (at least 20" in diameter) and push it with his/her wheelchair. The ball must have a tough skin because of the wheelchair, and also because of the rough ground on the playground.

Indoors or Outdoors

- Hula hoop: student holds on while being pulled around by peers
- Play catch: bean bag and ball games with different balls of various sizes, weights, sounds, colours and textures, a ball of string
- Simon Says -- give directions on Step-by-Step
- Play "What time is it Mr. Wolf?" with Kindergarten or Grade 1 buddies. Give directions on Step-by-Step
- Do information surveys on playground using Step-by-Step
- Play a modified form of bocce (boules)
- Use bubbles with a variety of bubble pipes/makers.
- Wheel the student around the schoolyard at a variety of speeds on a variety of surfaces. TA and/or other students can set up an obstacle course that peers can also do using imaginative walking (e.g. walking sideways or backwards, walking in a crouch position).
- Play a ball game with a large diameter ball (at least 20" in diameter) and push it with the wheelchair.