



# Physical Activity and Physical Literacy for All (Diverse Abilities)

## ADAPTING ACTIVITIES

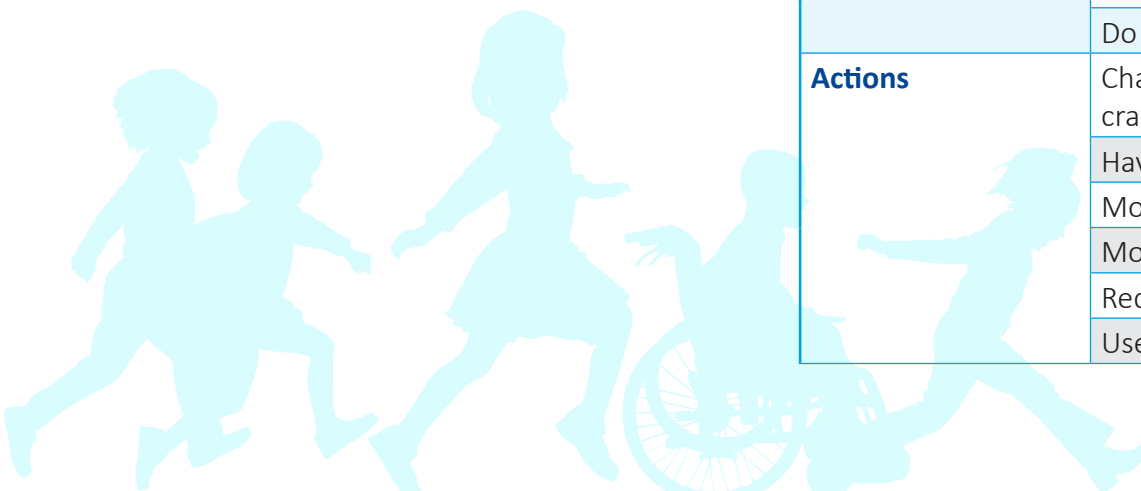
For more physical activity and physical literacy resources, games and professional development visit our website: [www.schoolpapl.ca](http://www.schoolpapl.ca)

This helpful quick reference chart provides some ideas for adapting activities for those students with diverse abilities. Be creative!

In the left-hand column, you will find a descriptor of the challenges faced by some students with disabilities and in the right-hand column you will find some of the interventions or strategies that might make the activity more accessible.

Check out the Action Schools! BC *Access for All* resource [[healthyschoolsbc.ca/wp-content/uploads/2019/09/asbc-access-for-all-inclusive-practices-in-physical-activity.pdf](http://healthyschoolsbc.ca/wp-content/uploads/2019/09/asbc-access-for-all-inclusive-practices-in-physical-activity.pdf)] for more great ideas and advice.

Challenges with	Strategies
<b>Equipment</b>	Larger/lighter bats
	Larger goal/target
	Scoops for catching
	Vary balls (size, weight, colour, texture)
<b>Boundary/Field</b>	Decrease distance
	Use well-defined boundaries
	Simplify patterns
	Adapt playing area (smaller, obstacles removed)
<b>Time</b>	Vary the tempo
	Slow the activity pace
	Lengthen the time
	Shorten the time
	Provide frequent rest breaks
<b>Rules/Prompts/Cues/Actions</b>	Demonstrate/model the activity
	Have a partner assist
	Do not emphasize time
<b>Actions</b>	Change locomotor patterns using verbal prompts (run, walk, skip, crawl, gallop, slide, hop)
	Have more space between children
	Modify grip
	Modify body positions
	Reduce number of actions
	Use different body parts



# Want more activities?

How about digital access to **700+** games/activities and **100+** lesson plans designed for Grades K-7?



# PLAYBUILDER

## Access PLAYBuilder Now:

1. Watch this quick two minute video – [www.vimeo.com/458785363](http://www.vimeo.com/458785363)
2. Visit [www.schoolpapl.ca](http://www.schoolpapl.ca)
3. Select “Access PLAYBuilder Now”
4. Select “Create an Account”
5. To be approved automatically use your school email address
6. Confirm your account by clicking the link in an email from [support@playbuilderapp.com](mailto:support@playbuilderapp.com)
7. Repeat steps 2 and 3 to login and access 700+ games and 100+ lesson plans

## Questions?

Email us at [spapl@sportforlife.ca](mailto:spapl@sportforlife.ca)

