



Include Children of all Ability Levels in Physical Activity



It's important for children of all abilities to be active. Making changes to activities can help make sure every child can participate and have fun.

Provide Clear Directions & Rules

- Teach the activity with words and by showing what is to be done
- Explain the rules at the beginning
- Create pairs to show others what to do and how to behave
- Check to make sure all children understand the activity before starting
- Refer back to the rules as needed

Adapt the Rules of the Games

- Allow children to play with partners
- Let children suggest their own changes to the rules

Use Visuals

- Create and post routines. (For example: Warm Up – Practice Skills – Play Game – Cool Down – Clean Up)
- Use a visuals such as photo activity cards to help children make choices, understand what they are being asked to do and how to stay focused
- Set up boundaries and targets using colored tape or spots

Play Games that Focus on Working Together

- Highlight teamwork over speed and getting it right
- Give every child an equal chance to play
- Rotate teams to balance skill levels

Change the Activity Space

- Lower the height of goals or nets as needed
- Put away equipment that isn't needed
- Adjust lighting and reduce noise for children who are sensitive to light or sound

Change the Equipment

- Offer bats, sticks, and rackets in lighter and heavier weights, and padded handles to make them easier to hold
- Offer many different kinds of balls – lighter, heavier, bigger, smaller, and audible (with bells inside)

Make sure Changing Rooms, Locker Rooms, and Bathrooms are Accessible

- Provide private changing areas or all gender, single occupancy bathrooms

