

Teaching Lifetime Sports – The Differentiated Way

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1: Frisbee (“Disc”) Golf

You don’t have to have the chain link baskets or the newest, most expensive mid-range disc to play. With a little creativity, you can set up a course using equipment you already have. Frisbee Golf, just like Tiny White Ball Golf, is a lifetime sport!

1. Targets or “Holes” a. If a Frisbee can fit in it, use it!

- i. Buckets
- ii. Small laundry baskets
- iii. Crates
- iv. Cardboard boxes
- v. Hula Hoops
- vi. Attach a net to your hula hoops for easy retrieval

b. Appeal to the senses:

- i. Attach scarves, streamers, bells, chimes, and other stimulating items.
- ii. Place targets in various locations and at various levels. Make sure your locations are accessible to all students:
 1. In the grass beside the oak tree,
 2. Suspended 2-3 feet in the air from a light post,
 3. Hanging between swings on the swing set,
 4. Leaning against the building on the opposite side of the ditch,
 5. Behind the flag pole, next to the small rain puddle/water hazard
- iii. Get creative! Have fun designing.

2. Frisbees or “Discs”

- b. Teach students about the different discs used (driver, mid-range, putter), but use the Frisbees you already have.
 - c. Allow students to put an identifying mark on their Frisbee to avoid mix up.
 - i. A piece of tape with initials will do the trick, and is easy to remove.
 - d. Use Frisbees that light up or make noise for students with sensory integration needs, and because they’re COOL!
- ### 3. Challenge Your Students – Take advantage of the fact that Disc Golf may be unfamiliar to some students, and design lessons that incorporate other subjects and encourage personal growth; adding, subtracting, problem solving, map reading, plan development, time management, leadership, etc.
- a. Integrating other subjects is a great opportunity for students with special needs to demonstrate various skills their peers may not know they have.

- i. Sammy may not be able to grasp and throw a Frisbee, but she can read a map and knows how to use a compass! Can her 4th grade classmates do the same?

Kickball

Yes, kickball can be played inside, but it's much better outside! Baseball and softball fields can double as a kickball field, or grab your cones and find some open space! Use these suggestions and modifications for base running and defense to increase time-on-task and reduce frustration.

1. **Just Add Color** – many students may not understand game specific vocabulary, but if they know their primary colors and numbers up to five they'll be successful base runners!

- a. Colored Cones:

- i. 1st Base: **red** cone, labeled "1st" or "1" in **red** marker, 2nd Base: **blue** cone, labeled with "2nd" or "2" in **blue** marker, etc.
- ii. Replace "Run to first base!" with "Run to red!" or "Run to 1!"
- iii. Velcro an augmentative communication device, (a "switch"), to the top of the cone, and record the name of each base.
 1. At each base, students with disabilities can press to activate the switch and listen to the name of the base they are on.

- b. Increase Size of Base:

- i. Use large mats or carpet squares, and place cones on top,
- ii. A larger surface area to "tag" increases accessibility for all students, including students using wheelchairs and with visual impairments.
- iii. Use a mat that's the same color as the cone, if possible.

- c. Arrows:

- i. Use arrows to direct students from home to 1st, 1st to 2nd, etc.
- ii. Depending on your playing surface you can draw them in the dirt, draw with sidewalk chalk, or use arrow shaped floor markers or polyspots.

2. Playing the Field

- a. Place polyspots or other floor markers where you want players to stand.
 - i. Prevents the ever-present huddle of students in centerfield,
 - ii. Increases safety,
 - iii. Provides a home base for students that have difficulty remaining in personal space or adhering to boundaries.
- b. Use a bowling ramp to pitch:
 - i. Allows students with limited mobility the opportunity to pitch,
 - ii. Pitches are consistent and accurate,
 - iii. Game Variation – players are allowed to run bases until a player retrieves the kicked ball, sprints to the pitcher, and places the ball back on the ramp. This is a great modification for players that are unable to catch, and a perfect way to increase fitness levels!

Safety Considerations

A few tips and reminders when taking students outside for class:

1. Take a walkie-talkie or another reliable form of communication,
2. Double check student files for listed allergies, and treatment plan (EpiPen anyone?)
3. Be mindful of uncomfortably high or low temperatures,
4. Limit the amount of exposure to direct sunlight,
5. Allow frequent water breaks or rest breaks,
6. Explore areas beforehand to ensure proper accessibility.