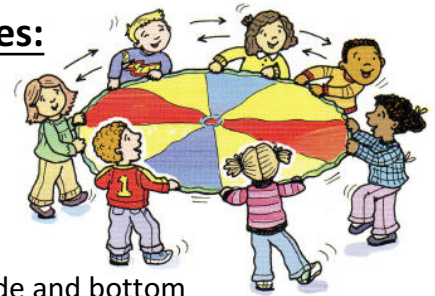


Supplemental Adapted Activities:



Parachute:

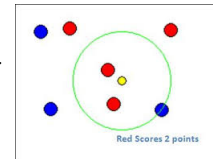
- Possible materials:
 - large towel, bed sheet, cut trash bag along one side and bottom
- Activities-
 - Small and fast waves (shake fast)
 - Big and slow waves (moving arms high to low continuously at a slow speed)
 - Umbrella – start with parachute at knees and together reach high in the air
 - Popcorn- add sock balls on top of the parachute and use fast or slow waves to “pop the popcorn”
 - Ball launch- (sitting on the floor is recommended) use the umbrella movement to launch sock balls in the air.
- Accommodations:
 - All can be done sitting on the ground, sitting in a chair, or standing.
 - If there’s not enough people for a large sheet, you can tie one end to a chair to symbolize another person or fold the item to make it smaller. One end could also be tied to their wheelchair if student lacks grip strength to hold independently.



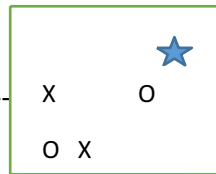
Bocce:

- Overview
 - Typically 2 teams but can have as many as you wish. Each team has 4 sock balls of their color (Example: one team has blue sock balls, other has black sock balls). An additional ball called the pallino is a different color than the rest. It is tossed first to start the game. The person who tosses the pallino goes first. The goal is to get your ball closer to the pallino than your opponent. Take turns throwing from a set spot using an underhand toss. Whoever’s sock ball is closest to the pallino after all balls are thrown wins the round.
- Scoring:
 - If you wish to keep score, the winner of the round gets one point for every ball that is closer to the pallino than the other teams closest ball.
 - Could also just count winning the round as one point and play another round.

Red has 2 balls closer than closest blue giving 2 points ----



O has one ball closest giving 1 point---



- Accommodations:
 - Use more socks to make a larger, rounder sock ball so it rolls better
 - Push the sock ball off your wheelchair or sit on the couch with a pillow on your lap and push the ball off the pillow.
 - One person can move closer than the other



Dance

- Dance is one of our favorite units. It's a lot of fun and allows students to participate at their own ability and comfort level. This can be as simple as playing a song you enjoy and dancing by yourself or with others. Adults can pick their favorite songs and share the dances of their era. You can swing dance, salsa, or do set dances like the twist, cupid shuffle, or whip nae nae. My most played stations on the Pandora App during class are kids bop radio, Disney playlist, and let it go (frozen) radio. Enjoy dancing with the family and I look forward to learning some new dance moves the next time we are together.
- Resources
 - Youtube: My dance playlist. Includes 20 songs such as limbo, cupid shuffle, freeze dance, chicken dance, and shake your sillies out.
 - Search just dance or just dance kids: Just dance is a video game but the dances are recorded and can be found on youtube.
 - Search go noodle: elementary dance videos.

Scarf Tricks



- Overview
 - Perform various tricks and skills utilizing tossing and catching.
- Materials by increasing level of difficulty
 - Tissue– easiest
 - Paper Napkin
 - Small trash bag
 - Bandana
 - Dishtowel
 - Washcloth- hardest
- Skills
 - Toss and catch 2 hands
 - Toss from one hand and catch with the other
 - Toss and catch right hand
 - Toss and catch left hand
 - With partner toss to a friend
 - With partner, each person toss at the same time to the other person
 - Toss and clap as many times as you can, then catch before it touches the floor
 - lift leg and toss under the leg then catch
- accommodation:
 - Choose the material with the appropriate difficulty for you. Try harder or easier items as needed.
 - If unable to toss, have another person drop the item so you can catch.
 - Can also lower the item slowly until student focuses on object and is able to catch.