

Supporting Wheelchair Users during Physical Activity

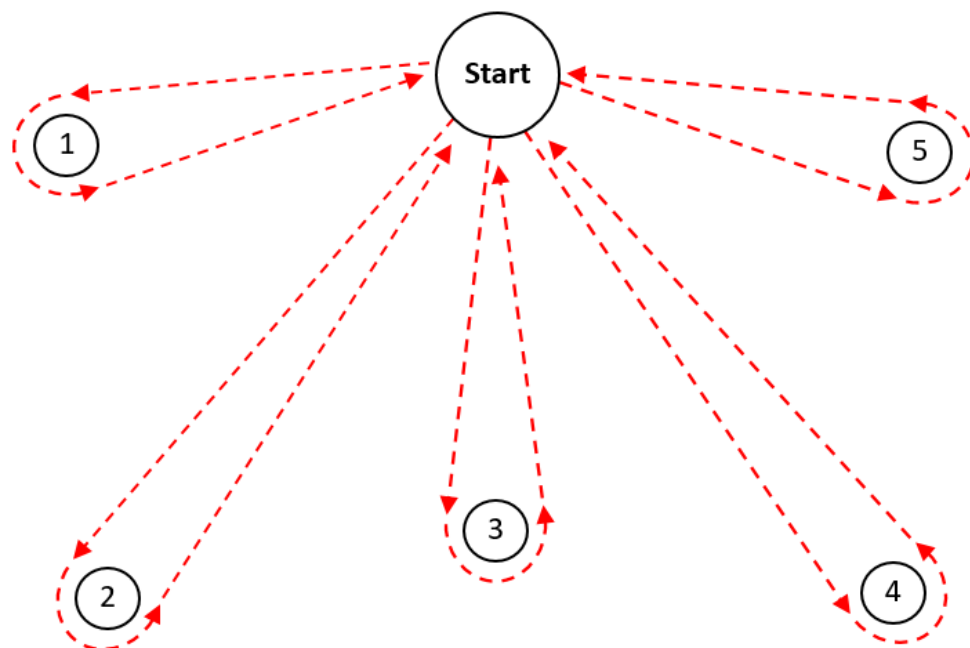
Tennis Session Plan

Equipment:

- Cones

Skill:

- Participants to begin at the start and move around cone one and back to the start
- Keep the movement going and move around all of the cones in numerical order, returning to the start each time



Progression:

- Players to perform the same skill as above but with a racket in their hand. Place the racket grip on the push rim and use it to propel the wheel
- As the player approaches each cone, throw a ball towards them for the player to hit back
- If the player struggles to hit the ball, stand next to each cone and drop the ball in front of them

Competition:

- Play a game of doubles with one wheelchair user and one non-disabled player on either side
- All players to allow the ball to bounce twice. Allowing non-disabled players to have two bounces, gives the wheelchair user longer to recover back into position

Basketball Session Plan

Equipment:

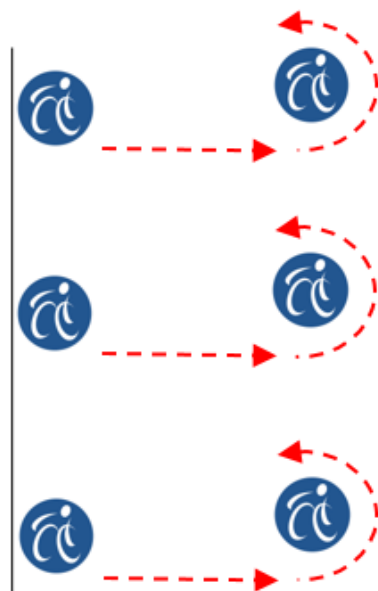
- Basketball, floor tape or throw-down lines

Skill:

- Participants to bounce the basketball (using one hand) whilst moving around the sports hall
- Participants to push the wheelchair twice between bounces (wheelchair basketball rules)

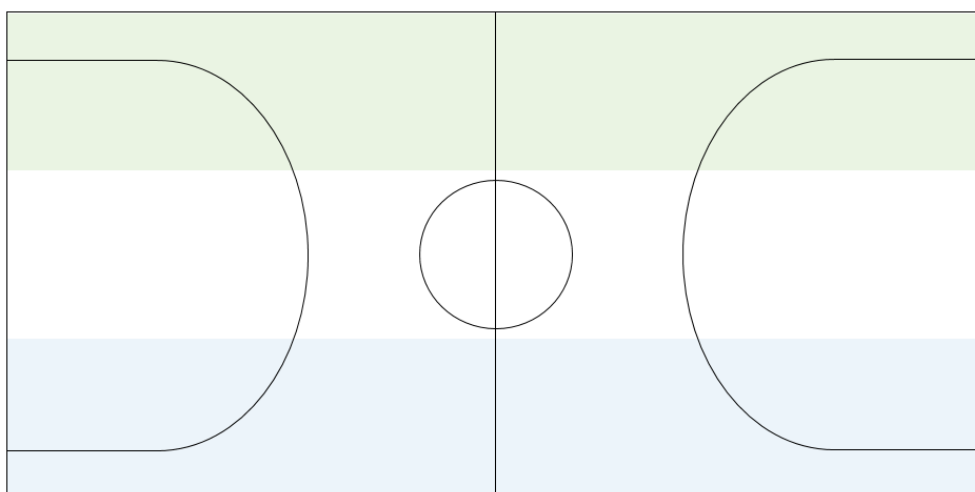
Progression:

- Working in pairs, with one ball
- Player one positions themselves on the sideline
- Player two has their back to player one and moves away whilst bouncing the ball
- When player one shouts "turn" player two turns and throws the ball to player one
- Repeat several times and then change roles
- Encourage players to turn in different directions



Competition:

- Using floor tape or throw-down lines, introduce zones to a game of basketball. Powerchair users to play within the green third, non-disabled players within the centre third and manual wheelchairs within the blue third
- The ball has to be passed into each of the thirds before a basket can be scored



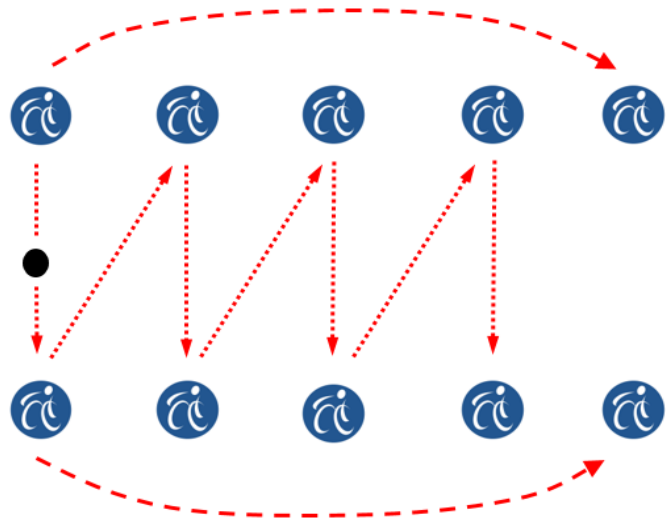
Rugby Session Plan

Equipment:

- Rugby ball, floor tape or throw-down lines

Skill:

- Participants line up opposite one another (as below)
- The first player throws the rugby ball to the player opposite and then moves to the end of the line
- The second player throws to the third player and also moves to the end of the line
- This continues until players reach the other end of the sports hall

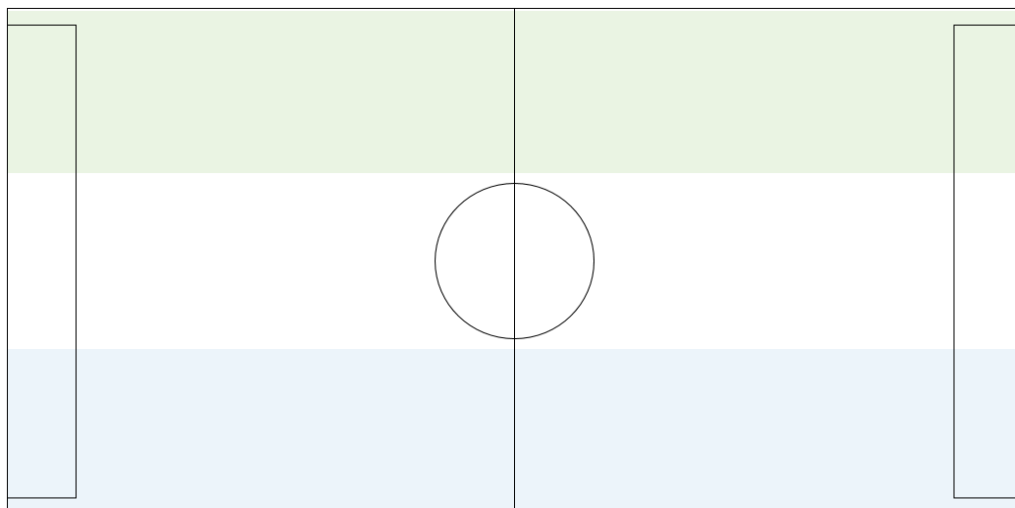


Progression:

- Introduce a second ball to improve communication, encouraging participants not to move to the end line until they have received and passed the second ball

Competition:

- Using floor tape or throw-down lines, introduce zones to a game of tag rugby. Powerchair users to play within the green third, non-disabled players within the centre third and manual wheelchairs within the blue third
- The ball has to be passed into each of the thirds before a try can be scored
- A try is scored by any of the players crossing the back line with the ball



Badminton Session Plan

Equipment:

- Badminton rackets, net, shuttlecocks

Skill:

- Players to position themselves in the centre of a badminton court
- Players to perform the following movements in the direction of the arrows: turn, one push forward, stop, recover back to original position (for the arrows pointing to the back of the court, players to turn their back towards the net)

Progression:

- Players to perform the same skill as above but with a racket in their hand. Place the racket grip on the push rim and use it to propel the wheel
- Introduce a feeder and hit shuttles to each of the points for players to hit before recovering to the centre

Competition:

- Play a game of doubles with one standing player and one wheelchair player

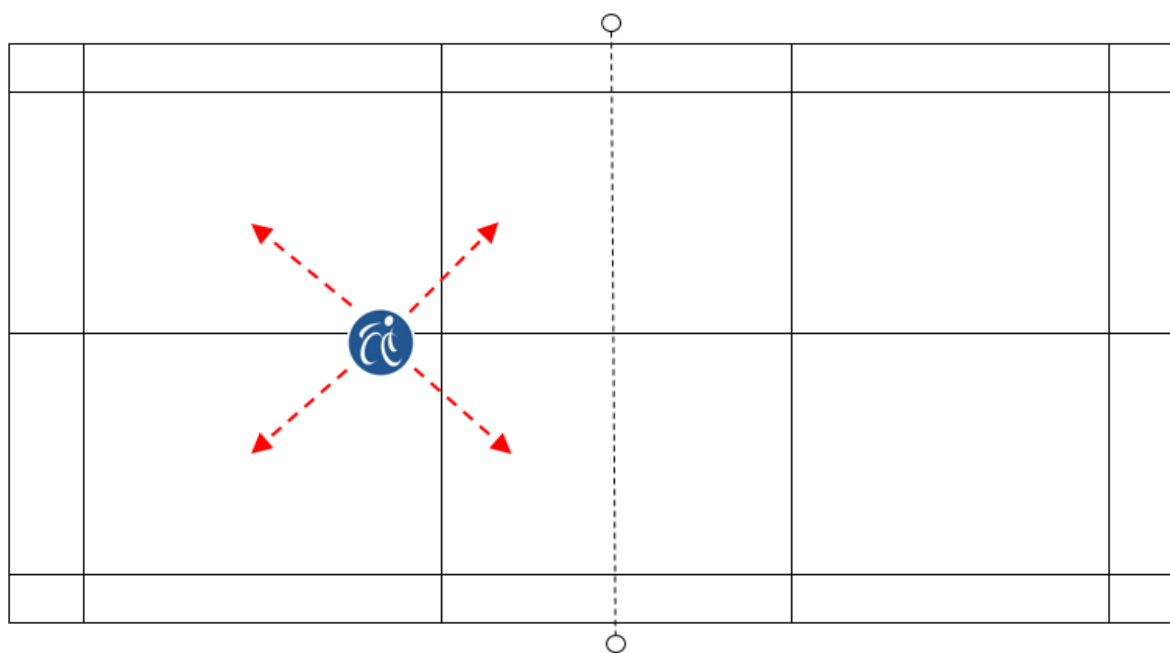


Table Tennis Session Plan

Equipment:

- Table tennis bats, balls, table, and plastic cups

Skill:

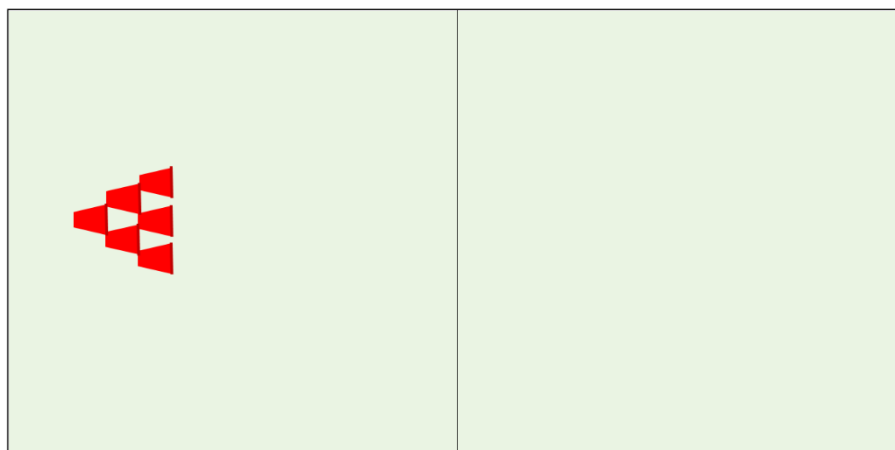
- Create a target using a tower of upturned paper cups
- With two to four players per table tennis table, one player feeds a ball to their partner, using either their hand or table tennis bat
- The partner tries to hit the ball back over the net and towards the target with the aim being to knock the cups over

Progression:

- The feeders use a bat to feed the ball towards their partner who continues to aim towards the paper cups
- For those who are able to rally, remove the cups and encourage players to hit the ball backwards and forwards – this can be in pairs, or all four players together

Competition:

- Count the number of cups knocked over after a set number of feeds
- Alternatively, if players are proficient, encourage them to play a match up to a set number of points
- Use the official table tennis rules, or encourage a different player to have a go at serving after each point



Cricket Session Plan

Equipment:

- Indoor cricket balls, cones, stumps

Skill:

- Players to line up behind a cone
- Players to propel themselves as quickly as possible towards static ball, pick up one handed and underarm throw at the stumps

Progression:

- Players to perform the same skill as above where the ball is moving towards them (ball delivered underarm by coach)
- Player attempts to aim at the stumps with an overarm throw

Competition:

- Split into teams, each team attempts the moving ball pick up and throw. The winning team is that who hits the stumps the greatest number of times.



Warm-up / Cool-down

Slalom

Equipment:

- Cones

Activity:

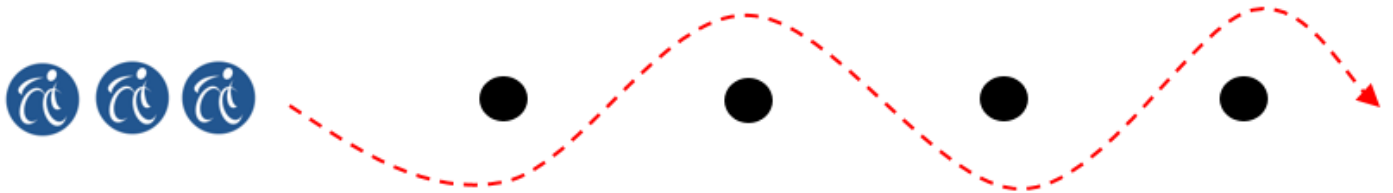
- Set out a slalom course using cones
- Participants line up behind the first cone
- Participants move in and out of the cones on the way out and back

Progression:

- Participants to do the slalom whilst moving backward
- Time participants on how quickly they can complete the slalom
- Put the cones closer together

Competition:

- Have two teams competing against each other with two sets of slalom



Warm-up / Cool-down

Shadowing

Equipment:

- Cones

Activity

- Participants move freely around the sports hall
- Participants to follow the given commands: 180 degree turn, stop, long/short pushes, push fast/slow, 360 degree turn, push forward and then stop and perform two pushes back before turning

Progression:

- Split the group into pairs and number them one and two
- Participant one's aim is to get away from participant two within a given area
- Participant two's aim is to stay as close as possible to participant one
- Change roles after a set time

Warm-up / Cool-down

Follow the Leader

Equipment:

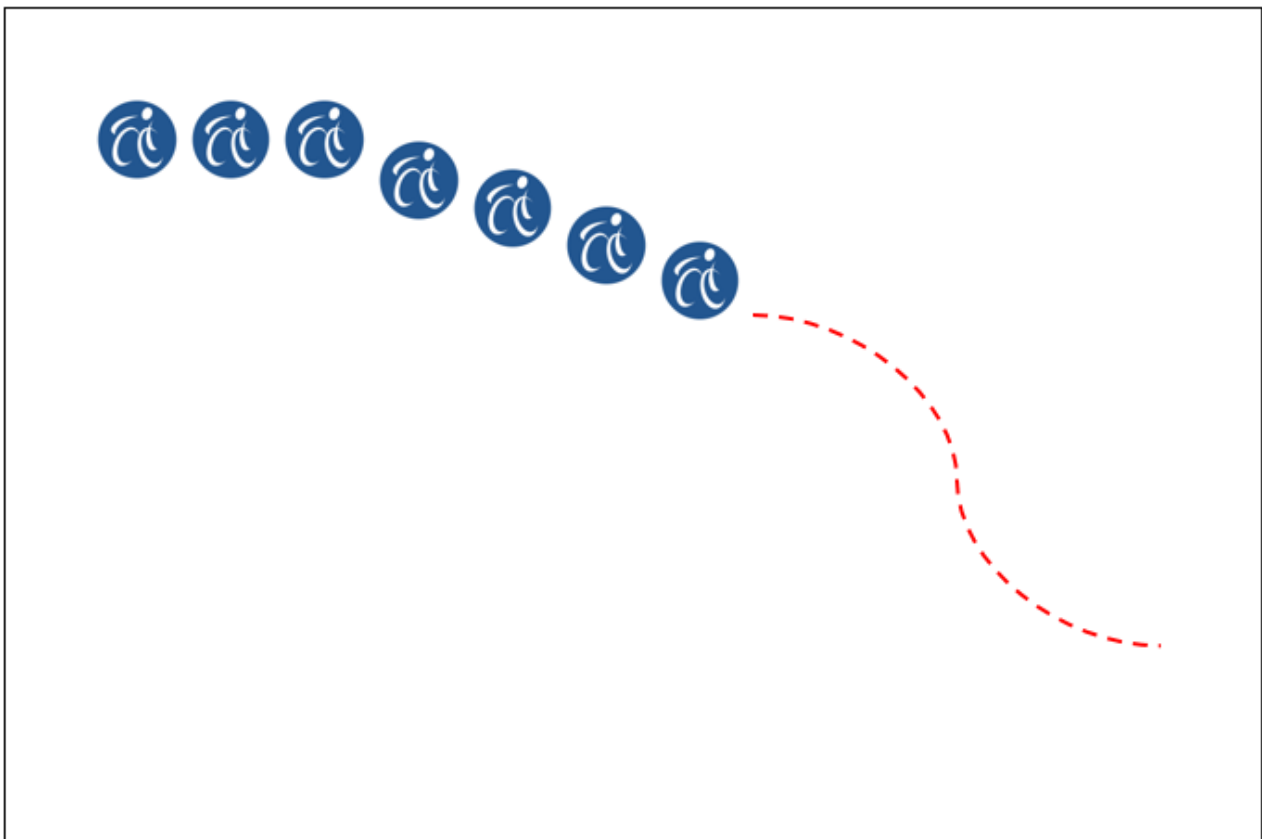
- Cones, whistle

Activity:

- Participants form a line behind one another
- The participant at the front of the line moves anywhere around the sports hall, whilst participants follow behind, keeping in line

Progression

- Add a command that the participant from the back of the line has to move to the front. Keep this going until everyone has led



Warm-up / Cool-down

Stuck in the Mud

Equipment:

- Cones, bibs (optional)

Activity:

- Nominate one participant to be the Tagger
- The Tagger's aim is to tag other participants
- Once tagged the participants become 'stuck in the mud' and must stop where they are and hold one arm out
- The participant can only start moving again if another participant frees them by going under their arm
- The activity either lasts for a set period of time or until everyone has been tagged
- Rotate the player that is the Tagger

Progression:

- Increase or decrease the size of the activity area
- Increase the amount of Taggers

Safety:

- Ensure that participants keep their head up so they do not collide with other participants
- Remind participants that it is a gentle tag and not a hit
- Remind participants to avoid trying to tag near the wheel area

Note:

Some individuals may find it difficult to hold their arms up for sustained period of time, therefore, they can be freed by a tag