



## Mainstream Physical Education for the Student who uses a Wheelchair

### (High Schools)

#### **Considerations for staff when teaching a student who uses a wheelchair**

- Get to know your student
  - It is absolutely crucial you find out their abilities and limitations
  - Every wheelchair user will be different in terms of ability and confidence
  - What will your expectations of their ability be?
- Empathy
  - Get in a wheelchair and allow other students to have a go – it will enhance your ability to teach someone who uses one!
  - The University of Worcester have sports wheelchairs available on loan
  - This is a positive opportunity and a learning experience for yourself and all students
- Language
  - Use 'person first' language; a student or athlete with a disability rather than a disabled student?

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- Timetabling
  - Will this student require a different timetable to other students? (see below)
  - Timetable variations to consider: 1. All lessons indoor, 2. All lessons to be indoor, on tarmac or Astroturf, 3. One indoor lesson and one Physiotherapy session, 4. Same lessons as everyone else but differentiated week by week?
- Wheelchair type
  - Self-propelled, attended or powered?
  - What size are the wheels? Small castors at the front are great on sports hall floors but challenging to manoeuvre on tarmac or grass.
- Physiotherapy
  - Does the student have a physiotherapy programme of activities to follow?
  - Contact details of the physiotherapist might be useful
  - Are there any contra-indicated activities for this student?
- Transfers
  - Can the student get out of their wheelchair for certain activities?
  - If so, how and when?
  - Could they transfer to a sports wheelchair?

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# Regency Outreach Support Team

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- Access
  - Plan for Emergency fire evacuation from your lesson
  - Changing Rooms
    - Can the changing rooms be accessed by a wheelchair?
    - Can the PE toilet facilities be accessed?
  - Facilities
    - Can all indoor spaces be accessed by a wheelchair?
    - Which outdoor spaces can be accessed?
    - Does the wheelchair function on Astro turf? (sand-based, water-based, 3G)
    - Is the grass smooth enough for wheelchair access in good weather?
  
- Changing
  - Can the student change independently?
  - Do they need a bench, table, stool to assist with changing?
  - Can they weight bear to change?
  - Can they reach the pegs, lockers etc?
  - Do they need a delegated space for changing (near the door to make access easier?)
  - Can the student come to school ready changed or only change their top?
  - Does extra time need to be allowed for changing?
  
- Adult support
  - Is adult support required for changing?
  - ...pushing the chair?
  - ...all or some activities?
  
- Weather
  - Will the PE wet weather plans be appropriate for the wheelchair user?
  - What if the weather changes half way through a lesson?
  - Wheelchairs can work well on flat, dry grass but not wet, bumpy grass!
  
- Risk Assessment
  - Does the chair offer a significant risk to others?
  - How can any risk be minimised?
  - Can we introduce rules/conditions to minimise risk? (5 second rule)
  
- A few PE Resources to consider
  - Low Baskets
  - Variable bounce balls
  - Balloon balls (hand eye coordination)
  - Lightweight balls, tactile balls (one handed catching & throwing)
  - Heavy duty balloons (available from some sports catalogues)
  - Variable length rackets, hockey sticks, bats (one handed use)
  - Striking Tee
  - Boccia balls and boccia ramp
  - Chairs for other students (wheelchairs and normal chairs)

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## Sport or Activity Specific Considerations

[www.wheelpower.org.uk](http://www.wheelpower.org.uk)

What changes are required to provide a full and meaningful PE curriculum?

Which sports are currently provided? Can they be accessed by all? Do you need to offer new sports?

PE teachers know the rules to most sports but what about wheelchair sports?

- Tennis/badminton
  - [www.itftennis.com/wheelchair](http://www.itftennis.com/wheelchair)
  - Net height? Racket length? Ball Bounce?
  - Alternative equipment – balloon balls, balloons, low bounce balls
- Volleyball
  - [https://www.volleyballengland.org/getintovolleyball/play/sitting\\_volleyball](https://www.volleyballengland.org/getintovolleyball/play/sitting_volleyball)
  - Consider sitting volleyball – a Paralympic Sport!
  - Alternative equipment – net height, balloons and balls
- Athletics
  - <http://www.bwaa.co.uk/>
  - Throwing and ‘running’ may not need differentiation
  - Jumping will require alternative provision
- Basketball/Netball
  - <http://www.gbwbba.org.uk/gbwbba/welcome.htm>
  - Low baskets?
  - Drill netball posts to allow for lower net rings
  - Zone basketball? Wheelchair basketball? Able bodied basketball?
- Rugby
  - [www.gbwr.org.uk](http://www.gbwr.org.uk) (wheelchair rugby)
  - Tag, Touch, full contact, wheelchair rugby?
  - Use a round ball? Easier to catch and throw for all students.
- Hockey
  - <http://at-aust.org/suppliers/3360> (electric wheelchair hockey)
  - Longer stick length or one handed use of a unihoc stick?
  - Larger hockey balls – quicksticks ball?
- Cricket
  - [www.lordstaverners.org/table-cricket](http://www.lordstaverners.org/table-cricket) (table cricket)
  - Hit from a striking tee if required
  - Have a runner if required
  - Alternative equipment – lightweight one handed bat?
- Football
  - [www.thewfa.org.uk](http://www.thewfa.org.uk) (wheelchair football)
  - What playing surface?
  - Alternative equipment – Wheelchair bumper, giant football (available from Davies)
- Dance
  - <https://frontlinedance.co.uk/>
  - Can the performer get out of the wheelchair?
  - What do the 5 principles of Wheelchair Dance look like?  
Dynamics, Space, Relationships, Actions, Body Parts
- Gymnastics
  - Consider Rhythmic Gymnastics as well as traditional Olympic Gymnastics
  - What does travelling, balancing, flight, rotation look like for a Wheelchair user?
  - Can the student get out of the chair?
  - Lessons using apparatus may require alternative provision – inclusion spectrum



## Open Activities

All pupils are included without the need for modification

### **Differentiation by outcome**

Some wheelchair users may be able to join in some activities with no modifications required:

- *Warm up activities*
- *Track Athletics, Javelin, Shot, Discus*
- *Tennis, Badminton*
- *Dance*
- *Archery*

Or with slight modifications:

- *Rounders*
- *Softball*
- *Basketball*
- *Volleyball*

## Modified Activities

Changes are made to the task so all pupils are included and can participate at their level

### **Differentiate or modify the task by changing the Space, Task, Equipment or the People (STEP)**

Consider the following examples:

- *Use Balloon balls for early development racket sports*
- *Use extra large balloons for the development of hand eye coordination*
- *Use bean bags for catching as they do not roll away*
- *Use a striking tee for rounders, softball and cricket*
- *Use floor level baskets or invest in height adjustable baskets*
- *Use zones in team sports*
- *Take away the net for some students in badminton, tennis or volleyball*
- *Have lightweight alternatives for throwing (balls, javelins)*



## Parallel Activities

Everyone does the same sport but it is played in a different way

### **Differentiate the rules enabling all abilities to play**

Wheelchair users and other students might enjoy learning to play a sport in a different way. Tactical principles remain the same.

- Zone hockey
- Bench Hockey
- Inclusive Zone basketball
- Wheelchair Basketball
- Polybat / Table tennis

## Separate Activities

Different activities take place within the same lesson.

### **Differentiation through alternative provision**

If the wheelchair user or any other student finds a particular sport or activity difficult, such as a competitive game, consider alternatives running alongside:

- *One group play a match whilst another group do skill development*
- *One group play rounders whilst another group play cricket*
- *One group do badminton whilst another do sitting volleyball*
- *One group do table tennis whilst another do polybat*
- *One group do contact rugby whilst another do tag rugby*
- *One group learn the 'lay-up' whilst another group learn to play boccia*

## Disability Sports

Everyone takes part in a Disability Sport

### **Differentiation through alternative provision**

The introduction of Disability Sports can give a wheelchair user the opportunity to excel or enable all students to learn a new sport. Only the last two in this list require all participants to be using wheelchairs:

- *Boccia*
- *PolyBat*
- *Goalball*
- *Table Cricket*
- *Floor Lacrosse*
- *New Age Kurling*
- *Seated Volleyball*
  
- *Wheelchair Basketball*
- *Wheelchair Rugby*