

Tips & Tricks for Gym Class & Sports

1. Use adapted equipment. *i.e. soft bright coloured balls, large badminton rackets, smaller basketball size. (these can sometimes be found at the dollar store)*



2. Use a slightly deflated ball to slow it down. *i.e. soccer ball*
3. Meet every child at the level they are at. *i.e. stretches can be done in a seated position or standing, push ups can be completed on the ground or on the wall.*
4. Focus on foundations first before moving onto next steps.
5. Try using different cues or pictures to learn a new skill.



6. Focus on inclusion and ability.
7. Try games that encourage repeated movement patterns. *i.e. basketball, what time is it Mr. Wolf?, dodgeball, station activities, routine warm up activities.*
8. Have a “safe zone” where child can take a break from activity.

*For more information on how to adapt activities please contact your
SBRS Physiotherapist.*

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