

Wheelchair Week Use Ideas

(Feel Free to use these or add your Own)

Wheelchair Use for Check out - Classroom Use

Wheelchairs can be distributed throughout the school by grade level.

For example

Tuesday	K-1
Wednesday	2nd
Thursday	3rd
Friday	4 th
Monday	5 th

Teachers allow students to use throughout the school day (half day, 10 min or whatever time increment you choose) so that students participating experience the daily challenges of using a wheelchair for mobility. Voluntary for students. Teachers and administrators can make a huge impact by using a wheelchair for a full day or half day to do their job.

Time for group reflection is a very powerful learning tool to raise empathy and sensitivity after the experience is complete.

Wheelchair Activities for PE use (Great way to use wheelchairs so all students have a wheelchair experience)

How does it feel to use a wheelchair for mobility?

4 to 10 wheelchairs - # depends on number of students and space

Equipment: Cones, starting line, stopping line, wheelchairs, cones and jump ropes.

Primary (1st and 2nd Grade)

a. Have students form equal lines behind each cone

. Have one wheelchair available per line.

b. Safety - Make sure breaks are "on" when a student is getting in a wheelchair and then again before getting out of the wheelchair.

First student in line gets in chair and next child in line rolls/pushes partner when he gets the thumbs up sign, to opposite side of play area being careful of speed, safety and comfort of friend in wheelchair. Turn wheelchair around and head back to start line. Switch positions

and repeat.

- c. Continue until all students have had a turn, and then repeat the process with first student maneuvering wheelchair by themselves only having their partner assist them only when needed. Student can ask for assistance. Continue until all have had a chance to try to control the wheelchair on their own.

Upper (3rd-5th)

- a. Have an equal number of markers on either side of course: length of course to be determined with cones and distance depends on age of students and space available. Have equal amount of students stand on behind each marker. See below

X X X I

I X X X

- b. First Student in line gets in wheelchair and next child in line rolls/pushes partner to opposite side of playing area where another student is waiting. The student gets out of the chair holding for the next person in line and then goes to the back of the line

Add to Course: In between lines, cones to zigzag through (enjoyable, but does not present excessive hardship) roll over jump ropes, pick up beanbags

- c. Continue until everyone has a turn.
- d. If time, try the course backwards.

Talking Points:

Primary - how does it feel to have someone else in charge of where you go and how fast or slow you go? How would you feel if you had to use a wheelchair all day with someone pushing you and making decisions for you? What would you like or dislike about using a wheelchair? How could you show kindness to someone in a wheelchair, or to someone who uses crutches or a brace? Should you touch someone's wheelchair, brace, or crutches without asking? (Focus here on the respect for all regardless if they need help to move or not)

Upper grade talking points, Add to the above, How does it feel not to be able to get to where you want to go easily or to struggle to move quickly? What are some ways you can assist someone who has mobility issues. (always ask first if you can help)

Additional PE activities

Set up opportunities for students to explore using wheelchairs in different play scenarios.

Wheelchair Basketball

Have one or two wheelchairs per half court and up to 6 students per half court. Place a hula-hoop over the basket so that students in wheelchairs have a more accessible “basket” if they wish.

Primary students can take several turns trying to hold basketball or foam ball in lap while maneuvering on the court and attempting to make a shot. Those not in wheelchairs can be passed to, and can assist by retrieving balls after shots are made. Each student can participate in a wheelchair until the whistle is blown and then the step out and another student takes the wheelchair. Repeat until all have had a turn.

If you would like to make this activity more involved for older students then you could have a small game of three-on-three wheelchair basketball on each half court with support offered from other student to keep the ball inbounds. Players could move with ball on lap for three pushes on wheels before passing to a teammate. Modify the game as you see fit so that it is fun but challenging. Perhaps have alternate stations for this activity so that you can manage the small game with other students are engaged in station work.

Talking Points

Ask students to share what they found enjoyable or challenging. Ask them if they thought that the rules of basketball could be changed to make a person playing in a wheelchair with others more fair. What might some of your ideas be to change the game to include those with a disability like not being able to walk. Not using your legs to jump while shooting a basket really changes the trajectory of the ball. Ask students, how they thought sitting and shooting a basket felt and perhaps talk about what power is lost when you are unable to use only your upper body.

Can opt to play 4 square instead of basketball having one player in a wheelchair per court. Can play with primary and a balloon in the foursquare court and with older students a regular bouncy ball. Either modify the game for them, or ask them to brainstorm how the rule can be changed to include and challenge all the players regardless of their abilities.

Raising Empathy without the use of Wheelchairs

Challenge students to sit on the ground and move from point A to point B without the use of their legs. Emphasize that their legs not be used to help with forward motion. Talk about all the different ways they tried to make it across the space. Ask the students how it made them feel do move in that way. Chances are you did so in the grass or in the MPR, how would it have felt to do so on the black top or on a dirt or gravel road. Remind students that these are just some of the challenges that many people without wheelchairs are faced with each and every day.

Wheelchair Activities Ideas outside of PE

Several Leadership Students can sit in front of the school in a wheelchair(s) each day to raise awareness of that days activities during drop off and/or pick up with posters to alert student body and parents of the upcoming events. Alternatively, several can do traffic duty in a wheelchair. Teachers can do this as well.

Wheelchair Obstacle course or challenges during lunchtime or recess time

Obstacle course is up to your imagination using cones to weave around, jump ropes to go over and chalk lines to follow. If you have an uphill to your black top, use that as well. Have up to four or five students exploring at the same time to optimize your participation. Having teachers and staff participate is a great idea for getting students excited.

Challenges could include a series of tasks as moving a distance, opening and rolling through a door and gathering and picking up items to transfer from one place to another.

Other....

Roped off area for a lunchtime dance where students donate a \$1 or some small amount to enter and enjoy a dance party (to include use of wheelchairs)

A wheelchair basketball game can be organized for staff to compete against staff or against leadership students.