

Building Foundations

Setting students on the path to a healthy lifestyle



Human Development
Institute



School-sponsored adaptive recreation

The pilot program at Bryan Station was an introduction to adaptive recreation for students in middle and high school with disabilities, especially paralysis, and an invitation to develop lifelong healthy habits. The district hoped to create pathways to additional recreation and potential competitive opportunities throughout the community by increasing awareness.



Physical wellness

Traditional physical education activities can be hard to adapt to students with mobility challenges, especially since teachers don't have a lot of training in adaptive sports or assistive technology. The adaptive equipment purchased can help non-disabled students gain more understanding about disability issues.



Social wellness

Providing opportunities for students with disabilities to participate and play alongside their able-bodied peers helps to break down barriers and provide natural opportunities for team building. Part of the education process is helping students understand that there is more to their classmates than just a disability.

Bryan Station Academies

Bryan Station was the first of the Fayette County Public High Schools to adopt the academies model. In this model, students select pathways that help guide them toward careers based on their interests. The coursework is customized by program so that students can focus on building skills for their future.

Fayette County Schools

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Assistive technology for physical education

Creating inclusive experiences in gym class, especially the movement activities, can help students with disabilities to feel more like a part of their peer group. Instructors should get to know their students' abilities and come up with creative ways to adapt activities that keep those students involved as well as safe. Where possible, use assistive technology or modify equipment so that students of all abilities can have fun together.

Activity: Fitness and movement. Fitness activities help students get exercise and build skills and passion that can lead to a lifelong interest in staying active.



Inclusive fitness activities could include obstacle courses, relay races, or even dance. Set up cones in the gym rather than outdoors, especially for students in wheelchairs who might find bumpy ground challenging. For a fun variation, consider flipping the dynamic and bringing in wheelchairs for the non-disabled students to use. Everyone can participate in the activity together and the able-bodied students get some insight in to navigating an inaccessible world.

Activity: Tossing and throwing. Tossing and throwing activities help students improve their grip, hand-eye coordination, and team play skills. For students with physical disabilities, they can also help build trunk strength, balance, and improve their functional reach (picking up and reaching things outside of their wheelchair).

Inclusive tossing and throwing activities might include floor bowling, tossing a bean bag at a target such as a bucket, cornhole board, or hula hoop, or even a pool noodle javelin toss. Students can work in teams and help each other recover 'escaping' balls. For students with reduced grip strength or arm movement, try using soft foam balls, underinflated balls, or less solid objects like bean bags. Air and water balloons can also be used with athletes of all abilities.



Activity: Balance. Balancing activities are low impact, accessible to a wide variety of students, and help build core strength, stability, and mobility skills.



Activities to challenge and build balance skills could include something as simple as balancing a ball or a stick in the palm or on the back of the hand. Athletes could place a bean bag on top of their heads and then try navigating across the room or through a cones course without it falling off.

More information about inclusive Physical Education

www.teach-nology.com/teachers/special_ed/adaptive_pe/
www.turnstep.com/Adaptive/



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