

"Everyone Can Play!"

Objective:

Students will learn how people with disabilities participate in sports and recreation and explore ways to make play more inclusive for everyone.

Activity Overview:

Part 1: Introduction & Discussion (10-15 minutes)

Materials:

- One or two videos from Fun with Friends series.
- Discussion prompts.

Steps:

- 1. Watch a Video from Fun with Friends series.
- 2. Class Discussion Questions:
 - What did you notice about the athletes?
 - What kinds of equipment or rules were different?
 - Why is it important for everyone to be able to play and have fun?

Part 2: Inclusive Sports Stations (20 minutes)

Set up 3–4 stations that simulate adapted versions of popular games. Rotate groups every 7–10 minutes.

🏀 Station 1: Wheelchair Basketball Challenge

• Use chairs or scooters to move around while trying to make a basket (lowered hoop if needed).

🚌 Station 2: Goalball

• Students wear blindfolds and listen for a ball with a bell inside. The goal is to block the ball using sound only. (could put bells or bolts in a whiffle ball and seal up the holes, so the contents don't come out.)

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🟓 Station 3: Table Tennis with One Hand

• Students play a short game of ping pong using only their non-dominant hand or one hand tucked into a pocket. (Can use a regular table and buy inexpensive net or make one out of cardboard.)

or Station 4: Target Toss (Seated Edition)

• From a seated position (chairs or floor), toss beanbags into hoops or buckets.

Part 3: Reflection & Creative Extension (15 minutes)

Materials:

- "Design Your Own Inclusive Game" worksheet
- Crayons/markers

Steps:

- 1. Reflect as a group: What was fun? What was challenging?
- 2. Ask students to **draw and describe their own inclusive game or sport** who can play it, what equipment is needed, and how it includes everyone.
- 3. Optional sharing: Invite volunteers to present their ideas to the class.

Optional Add-ons:

- Invite a guest speaker or adaptive athlete (in person or via video call).
- Create a classroom poster with the theme: "Inclusion Means Everyone Can Play!"