

Ideas for Recreation Accommodations

Accommodations can be in one or more of the following areas:

ENVIRONMENT

SUPPLIES

RULES

SKILLS

Here are some ideas you can use to make adaptations to some activities. Have an inclusion perspective.

- Place arrows on a field to indicate the direction of play.
- Mark positions on the field or dance floor.
- Make boundaries visible.
- Provide a rule card with simple rules and cues.
- Choose games that emphasize cooperation not competition.
- Provide extra time or another opportunity to complete an activity.
- Eliminate time limits.
- Increase size of soccer net, lower basketball hoops.
- Cone off areas of play.
- Modify rules of the game (e.g. ball can bounce twice, five strikes instead of three, etc.).
- As needed, allow for alternates to run, throw, catch, or kick. Or permit alternative movements (walking instead of running, sitting in a chair while kicking, etc.).
- Demonstrate an activity before it occurs. Use repetition.
- Adapt equipment such as extra-large balls, soft Frisbees, large crayons, self-opening scissors, thick paint brushes, bowling ball ramps, tape to hold down project.
- Give breaks as needed.

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