

● **You'll need:** scooter boards, foam balls, blocks, cones

● **You can play:** outside, in the gym, on the blacktop

Game 1

Introduction to Parasport

Ask students what they know about Para sports or the Paralympics. Explain how the Paralympics and the Olympics are the same. Para means running alongside or parallel to something. This means that the Paralympics are the parallel Games to the Olympics and illustrates how two movements exist side-by-side. With modifications people with impairments can play the same sports. Some examples include wheelchair tennis, boccia, sitting volleyball, goal ball, pararowing, sit-skiing, wheelchair rugby, blind soccer and so many more!

Game 2

Scooter Board Obstacle Course

Divide the group into teams of three or four. Create a simple obstacle course for the scooter boards to go through. Start with cones to weave in and out of. Set up a throwing station in the relay where students throw a bean bag into a hoop from the seated position on their scooter board. Add in any other challenges you can think of (using the scooter board the whole time) that will allow students to explore challenges while sitting on the scooter boards.



Place the throwing station further away from the hoop



Provide option to throw closer to the hoop

Game 3

Scooter Board Not in my House!

Divide players into two teams and place cones down to create a center line. In this game, all students will use a scooter board to move around. Teams must clear balls from their "house" or side of gym to the other (by throwing them) in a certain time frame (e.g. 2 min). The goal is to get the other teams' house as messy as possible. Debrief afterwards to talk about what it feels like to throw from a sitting position. Is it the same? Can you use your whole body to generate power while sitting?



Encourage players to use their "star" throwing technique even while sitting



Create a smaller playing area as this game can be tiring

Mindfulness



Calm Bodies