

- **You'll need:** scooter boards, various equipment

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

Game 1

Introduction to Parasport

Ask kids 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, etc.

Game 2

Blind Obstacle Course

Describe that this activity is designed to allow students to think about giving directions to a partner and completing an obstacle course without vision. Students will find partners and choose who will be 'sighted' and who will be blindfolded (switch halfway through to give everyone a chance). The sighted partner will direct their partner through the obstacle course with words, sounds and any other creative ways they can come up with. They are not allowed to touch their partner to direct them through the course. In the debrief discuss the challenges and strategies of being the 'sighted' partner and the blindfolded partner.



Sighted guides must stand a specified distance away from their partner to ensure they cannot follow their voice



Allow partners to hold hands or hold on to either end of a scarf

Game 3

Scooter Board End Ball

Each student will use a scooter board for this game. They must sit on the scooter board for the entire game. Similar to handball but replacing the goals are coned end zones. Kids make two equal teams with each standing (sitting on their scooter) on their own goal line. To score, the offensive team must catch the ball behind the opponent's goal line. Players can walk or run (scooter) with the ball however, they must pass to at least one teammate before they are allowed to score. Interceptions are allowed. After the game discuss the difference between throwing while sitting and throwing while standing.



Players may not move while holding the ball



Decrease the size of the playing area if players are getting too tired

Mindfulness



Elevator Breathing