

Newcomb



Description: Play begins with the server throwing the ball over the net to the opponents. The ball remains in play being thrown back and forth across the net until there is a miss. Three players may play the ball before throwing it over the net. If the receiving team misses, the serving team scores a point, and the next play begins with the same server. If the serving team misses, it loses the serve. No point is scored for either team or the next play begins with the opponents as the serving team. Each time a team wins a point, the same server serves for the next play. Each time a team wins the serve, players on that team rotate and remain in the new position until the serve is lost and won back again. The first team scoring 11 points, or a set time limit wins the game.



Objective: The objective of the game is to throw the ball on to the opponent's side of the court so that the opponents are unable to catch the ball.

Adaptations:

Equipment

- Larger or lighter/heavier balls
- Use a ball with a sound device
- Lower the net
- Use a ball with noise.

Boundaries

- Increase or decrease the size of court.
- Have boundaries clearly marked for students with visual impairments.

Players

- Increase or decrease the number of players per team. This will ensure that all students have opportunities to be actively engaged in the game.

Game Play

- Have the server throw the ball over the net instead of serving.
- Players can bounce the ball over the net and the opposing team must catch it.
- Lift the net and allow players to kick the ball under the net. The opposing team must catch the ball while it is still rolling.
- Allow the players to move closer to the net when throwing the ball.

Basketball Skills Challenge



Description: Put your students in groups of 4-6. Every student will have fun for this activity. The students will dribble around the gym or playing area. When students reach a set of cones in a straight line, they will dribble between the cones. When the students dribble to the wall, they will perform a bounce and chest pass and try to hit the target. Finally, the last destination is the shooting station. Students will dribble to the shooting station and use the correct form when trying to shoot at a goal. There will be smaller size goals available to help the students be successful while using the correct form.



If you have a large class, you could have some students dribbling around the outside of the playing area while several students are completing the skills on the inside of the playing area. Once you feel there has been enough time, switch the students.

Objective: Students will be participating in a basketball skills challenge. The students will be dribbling through cones to practice the skill of dribbling, passing to a target to practice the skill of chest and bounce passes, and shooting to practice the skill of shooting at a target.

Adaptations:

Equipment

- Change the size of the ball.
- Have various balls available to help students succeed at the skill.
- Have various size goals available.
- Use large bright cones for students to see clearly.
- Use a ball with noise.

Boundaries

- Increase or decrease the size of court.
- Have boundaries clearly marked for students with visual impairments.

Players

- Increase or decrease the number of players per team. This will ensure all students have opportunities to be actively engaged in the game.
- Have one group of students outside of the playing area dribbling and another group students inside of the playing area.

Game Play

- Students in a wheelchair could hold the ball if needed.
- Spread the cones out further so students who use a wheelchair can navigate through the cones while dribbling or holding the ball.

Builders and Bulldozers



Description: After randomly setting cones (these cones should be light so they are easily knocked over) throughout the playing area, explain to the students that there will be two groups moving around the general space during this activity. One group, the Bulldozers will wear pinnies and their job is to go around tipping over as many buildings (cones) as they can while dribbling a basketball.

The Builders are to rebuild the fallen cones by standing the fallen cones back up while dribbling a basketball. (<https://www.pecentral.org/lessonideas/ViewLesson.asp?ID=946#.YIFzQWdKiUk>)



Objective: The students will be using dribbling skills and therefore will improve their skill of dribbling a basketball.

Adaptations:

Equipment

- Change the size of the ball.
- Have various balls available to help students succeed at the skill.
- Have various size of cones available.
- Use bright cones for students to see clearly.
- Use a ball with noise.

Boundaries

- Increase or decrease the size of court.
- Have boundaries clearly marked for students with visual impairments.

Game Play

- Students in a wheelchair can knock the cones over with their chair.
- Students in a wheelchair could touch a cone with their chair to represent them building each cone they touch.
- Students in a wheelchair could hold the ball if needed.
- Spread the cones out further so students in a wheelchair can navigate through the cones while dribbling or holding the ball.

Variations:

Builders

- The teacher now places many cones in the playing area, making sure each cone is knocked over. In this build, all the students are Builders. The teacher gives the class a time challenge (e.g., 45 seconds). Builders attempt to set as many cones as possible upright within the time challenge while dribbling a basketball.

Bulldozers

- With all the cones set upright, the class now restarts this process. However, in this build, all the students are Bulldozers. Bulldozers attempt to knock over as many cones as possible within the allotted amount of time.

Noodle Hockey



Description: This is a modified game of hockey. Instead of using hockey sticks and a puck/ ball, you can use pool noodles and a ball that students can successfully contact. There are two teams of 4-6 players. The rules are like hockey.

Objective: Try to hit the ball with the pool noodle into the opponent's goal. Each goal is worth one point.



Adaptations:

Equipment

- Change the size of target to help students be successful.
- Change the size and the texture of ball to ensure success.
- Use assorted sizes and textures of pool noodles (longer noodles for students in wheelchair for example)
- Cut one noodle up into smaller pieces to make the noodle puck.

Boundaries

- Increase or decrease the size of court.
- Have boundaries clearly marked for students with visual impairments.
- Eliminate boundaries
- Create no passing zones. For example, students are only allowed to play in their zone on the court.

Players

- Increase or decrease the number of players per team. This will ensure all students have opportunities to be actively engaged in the game.

Game Play

- No goalies
- Students in a wheelchair could push/roll the ball across the floor.
- Use multiple balls to increase scoring opportunity.
- Each student will have a noodle and then you will need goal/scoring area and a puck or multiple pucks.
- Students will use their noodles as hockey sticks and work with their teammates to score a goal.

Soccer Obstacle Course



Description: Each student will have a soccer ball for this activity. The students will dribble in general space while staying within the boundary. When the student arrives to a set of cones that are in a straight line, they will dribble the ball through the cones. Next, when the student dribbles to a poly-spot, they will trap the ball on the poly-spot. Next, when the student dribbles to a goal, they will kick the ball in the goal.

Objective: The objective of this game is to practice soccer skills such as trapping, kicking, and dribbling. This is a lead-up game to soccer.



Adaptations:

Equipment

- Use a deflated ball.
- Increase the size of the goal.
- Increase the distance between cones.
- Attach a hockey stick to a student's wheelchair so they can push the ball with the stick.
- Use a ball with noise.

Boundaries

- Increase or decrease the size of the obstacle course.
- Have boundaries clearly marked for students with visual impairments.
- No boundaries- players can freely dribble around the course.

Players

- Change the speed of students (goal is to maintain control while dribbling).
- Allow the student in wheelchair to carry the ball.
- Allow the student in wheelchair to throw or roll the ball in the goal.