

Modifications for the PE Central Challenge Tasks for Children with Disabilities

*By Brad Weiner
Certified Adapted Physical Educator
Nationally Board Certified Teacher
Prince George's County Public Schools, Maryland*

Balance Shuffle

1. Allow a stable support on the side to hold onto (example: a peer's hands or a wall)
2. Place visual foot prints or a colorful (yellow or red) line on the beam
3. Allow a child to do it barefoot
4. Place a beep box or bell at the other end of the beam
5. Place a different texture at the ends of the beam and/or around the edge
6. Add a second beam that sits parallel.
 - a. A child can use one beam per foot
 - b. A child can walk one beam and use the second if necessary
 - c. A child can use one beam, then the second to go around their peer (instead of over)
 - d. Rules can be set for the second beam. Can only use the second beam a certain number of times or for a time limit.
7. Perform the task in front of a mirror.

Volley Up

1. The 2-3 students use a parachute or sheet to volley a ball to another pair or group of students with a sheet. They have to volley the ball back and forth ten times without the ball touching the ground.
2. Allow a child to catch the ball, and then volley it back to their partners.

Throw and Catch

1. Use tactile balls (bumpy balls)
2. Adjust the number of successful attempts in order to meet the challenge
3. Allow the student to catch the ball of one (or two) bounce

Paddle Strike

1. Use hand and strike balloon for 60 seconds in the circle
2. Take away the boundaries
3. Perform task while sitting (lower center of gravity, children don't have to think about balance as much)

Hula Hoop

1. Sway hips side to side for 20 seconds (without a hula hoop)

Jump The Rope

1. Two students hold one end of the rope and turn it slowly. One student jumps through.
2. Student using a wheelchair, throws rope over, and then rolls over it.
3. Student throws rope over head, steps over the rope and performs again.
4. Rope flat on the ground. Student jumps back and forth over it