

## “Everyone Can Play!”

### Objective:

Students will learn how people with disabilities participate in sports and recreation and explore ways to make play more inclusive for everyone.

### Activity Overview:

#### Part 1: Introduction & Discussion (10-15 minutes)

##### Materials:

- One or two videos from Fun with Friends series.
- Discussion prompts.

##### Steps:

1. Watch a Video from Fun with Friends series.
2. Class Discussion Questions:
  - What did you notice about the athletes?
  - What kinds of equipment or rules were different?
  - Why is it important for everyone to be able to play and have fun?

#### Part 2: Inclusive Sports Stations (20 minutes)

Set up 3–4 stations that simulate adapted versions of popular games. Rotate groups every 7–10 minutes.

##### Station 1: Wheelchair Basketball Challenge

- Use chairs or scooters to move around while trying to make a basket (lowered hoop if needed).

##### Station 2: Goalball

- Students wear blindfolds and listen for a ball with a bell inside. The goal is to block the ball using sound only. (could put bells or bolts in a whiffle ball and seal up the holes, so the contents don't come out.)

### **Station 3: Table Tennis with One Hand**

- Students play a short game of ping pong using only their non-dominant hand or one hand tucked into a pocket. (Can use a regular table and buy inexpensive net or make one out of cardboard.)

### **Station 4: Target Toss (Seated Edition)**

- From a seated position (chairs or floor), toss beanbags into hoops or buckets.

## **Part 3: Reflection & Creative Extension (15 minutes)**

### **Materials:**

- “Design Your Own Inclusive Game” worksheet
- Crayons/markers

### **Steps:**

1. Reflect as a group: What was fun? What was challenging?
2. Ask students to **draw and describe their own inclusive game or sport** — who can play it, what equipment is needed, and how it includes everyone.
3. Optional sharing: Invite volunteers to present their ideas to the class.

### **Optional Add-ons:**

- Invite a guest speaker or adaptive athlete (in person or via video call).
- Create a classroom poster with the theme: **"Inclusion Means Everyone Can Play!"**