



# FIT & FUN

Adaptive Sports Toolkit  
for the Community Care Sector

Full Volume

# FIT & FUN - ADAPTIVE SPORTS TOOLKIT

This Toolkit is intended as a resource for Community Care staff and volunteers. It features a selection of adaptive sports, suitable for players using wheelchairs, which have been piloted in the Community Care sector. The pilot was held under the auspices of the AIC Wellness Programme between April and August 2019, and was a joint initiative by the Agency for Integrated Care (AIC) and Sport Singapore (SportSG).



Scan this with a QR code reader or visit <https://for.sg/fit-fun-toolkit> to download an e-copy of the Toolkit.

Our thanks to:

**The management, staff and seniors of Sree Narayana Mission Nursing Home** for participating in the adaptive sports pilot and for providing the equipment for the filming of the instructional video clips.



**SportCares Youths** for demonstrating the activities in the videos.

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Scan this with a QR code reader or visit <https://for.sg/aic-fitfun-playlist> to access the list of adaptive sports instructional videos.

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All contents are designed for informational purposes only and should not be taken as professional or medical advice. Any suggested activities should be reviewed for the suitability for the target participants before undertaking, and when in doubt, please consult or seek advice from appropriately-trained care professionals. Please stop immediately and seek medical assistance should the target participants feel unwell or in pain while carrying out these activities.

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**Agency for Integrated Care**  
5 Maxwell Road, #10-00 Tower Block  
MND Complex  
Singapore 069110  
[www.aic.sg](http://www.aic.sg)

**Sport Singapore**  
3 Stadium Drive  
Singapore 397630  
[www.sportsingapore.gov.sg](http://www.sportsingapore.gov.sg)

# CONTENTS

01

Introduction

03

Tips for a Fun, Safe  
and Enjoyable Adaptive  
Sports Session

15

How to Use this  
Toolkit

17

Warm Up and Cool  
Down Exercises

25

Adaptive Sports

25 - Floorball

31 - Ladder Toss

37 - Volleyball

43 - Badminton

49 - Basketball

55 - Boccia

63 - Ten-Pin Bowling

69 - Darts

75 - Disc Golf

81 - Javelin

87 - Table Tennis

93 - Sport Stacking

99 - Archery

105 - Wheelchair Racing

110

Overview of Adaptive  
Sports Equipment



# INTRODUCTION

## Welcome to the **FIT & FUN** **ADAPTIVE SPORTS TOOLKIT**

Adaptive sports are sporting activities that have been modified to enable players of differing abilities to actively participate. Sport not only improves health and fitness but also provides a sense of achievement, and boosts mood and wellbeing. It also complements rehabilitation, keeping different muscle groups in action while providing engaging varieties of ways to be active.

The activities in this Toolkit can be played recreationally or competitively. They are excellent for players who use wheelchairs, or for those who experience physical and cognitive challenges, to stay active and socially engaged. It also enables players who have been active all their lives to continue in sporting activities they enjoy.

Aside from the step-by-step instructions, facilitation tips and selected instructional video clips have been included to enable Community Care staff and volunteers to facilitate adaptive sports sessions confidently. The approaches used in the activities also take into consideration wellbeing principles adapted from the “Five Ways to Wellbeing\*” (The New Economics Foundation, United Kingdom).

### **Ready, set, go!**

*Agency for Integrated Care and Sport Singapore*



\*Aked, J., Marks, H., Cordon, C., & Thompson, S. (2008) Five ways to wellbeing: The evidence. The New Economics Foundation – <https://bit.ly/2LDLWrL>

# FIVE WAYS TO WELLBEING

\*Aked, J., Marks, H., Cordon, C., & Thompson, S. (2008)

Building on principles from the “Five Ways to Wellbeing\*” (New Economics Foundation, United Kingdom), adaptive sports provide opportunities for Community Care players to:



## 1 CONNECT

by meeting and interacting with others



## 2 BE ACTIVE

in ways that suit their mobility and fitness levels

## 3 TAKE NOTICE

of their experiences, surroundings and what matters to them



## 4 KEEP LEARNING

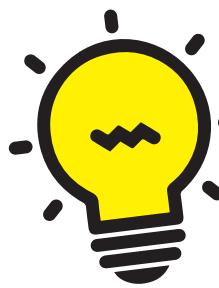
about new sports that they can enjoy



## 5 GIVE

by helping and supporting one another





# TIPS FOR A FUN, SAFE AND ENJOYABLE ADAPTIVE SPORTS SESSION

(Adapted from SPARKS! Art for Wellness Toolkit for the Community Care Sector [section contributed by Assistant Professor Michael Tan, Nanyang Technological University])

Adaptive sports provide players of varying abilities access to the excitement of sport. Take note of the following tips to facilitate a safe and enjoyable session:

A decorative graphic featuring a yellow speech bubble containing the text, surrounded by a red balloon and a red and blue arrow pointing towards it. The speech bubble has a white dotted border and a wavy top edge.

- **Setting up Conducive Play Areas**
- **Preparing Well for Sessions**
- **Creating Welcoming Activities**
- **Making Helpful Improvements**

This ensures a positive adaptive sports session, shaping us as facilitators and supporters of Community Care players. Do review these suggestions in light of any prevailing precautionary measures.

**Guiding principle: Remember to promote and maximise players' wellbeing!**  
(Refer to the "Five Ways to Wellbeing" section on page 2 for more information).



# SETTING UP CONDUCIVE PLAY AREAS

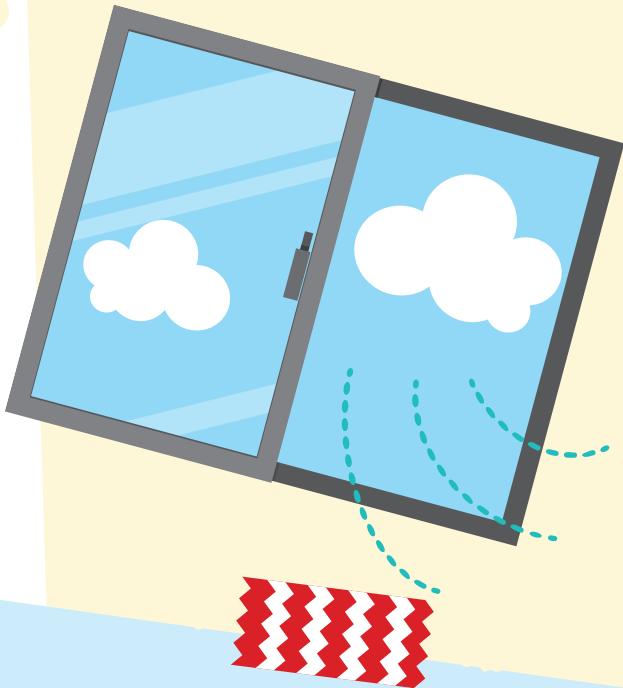
## Create a Pleasant, Inviting and Safe Environment

**Everyone loves a nice environment!**

It is welcoming, helps build rapport and encourages participation.

### An Ideal Space

- Has good lighting, temperature and ventilation.
- Has a high enough ceiling (for sports that involve throwing/ catching like badminton, basketball and volleyball).
- Is quiet enough, so that players can hear instructions well (use a microphone if needed).
- Is spacious enough to accommodate safe distancing between players, if required.



### Improving Player Experience

- Avoid playing music; it may distract players.
- When using a shared venue, ensure that non-players are seated far enough away that they do not accidentally get hit by stray sports items such as balls, discs and javelins.
- Ensure that the setup allows for ease of movement and is free of safety hazards that can cause falls and other injuries (e.g. electrical wires, clutter and movable furniture).
- If players may be easily distracted, arrange to have the activity in a dedicated enclosed space so they can focus better and remain safe.



## PREPARING WELL FOR SESSIONS

### A Fun and Smooth Session Requires Preparation

This is essential so that you can lead the adaptive sports session confidently, and players of varying abilities are enabled to take part.



### Getting to Know Players

- Get to know players' sporting interests and health conditions. This will help you select activities that are interesting to them. Remember to ask players for their suggestions too!
- Consider players' abilities and challenges (i.e. visual, hearing, physical and cognitive) and think of ways to enable them to participate, e.g.:



- **Visual:** Ensure there is adequate lighting and the sporting items contrast against the environment for greater visibility; if players require glasses, make sure they are worn and are in good, usable condition (clean, in good shape, etc.); additionally, during the activity, you can also call their names first before passing the ball to them, etc.;



- **Hearing:** Ensure that the environment is not noisy and that instructions are audible; if hearing aids are used, do check that they are worn and are in good condition (tuned, etc.);

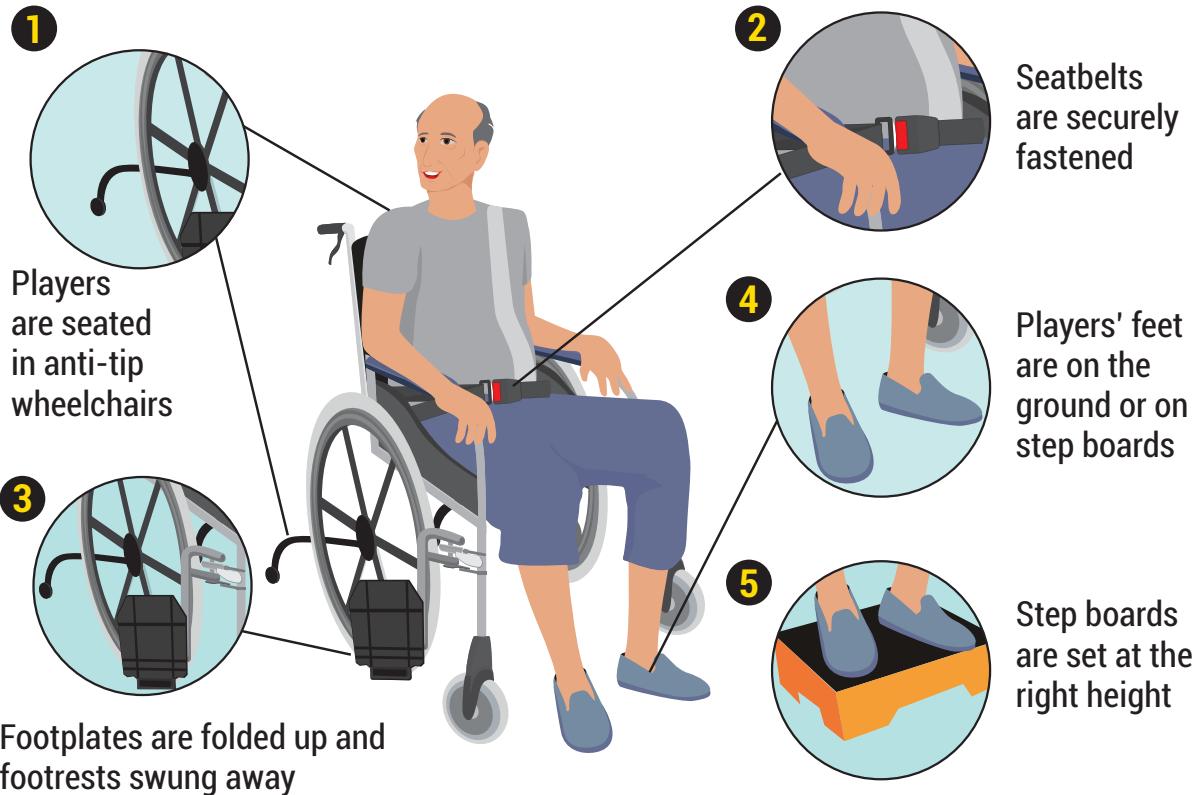


- **Physical:** Ensure that players are seated in anti-tip wheelchairs, seatbelts are securely fastened, footplates folded, footrests swung away to enable their feet to be placed on the ground or on step boards (of suitable height for them) (refer to page 6 for more information). Position wheelchairs at players' preferred angles to ensure they can see and actively participate in the sporting activity;



- **Cognitive:** Repeat instructions if needed and keep sentences short and simple.

## WHEELCHAIR SAFETY CHECKLIST



### Determining Manpower and Roles

- Determine the number of manpower (e.g. staff/volunteers/other players) required for each session so that players can safely and meaningfully take part.
- Allocate roles everyone will play, these may include:
 

- Facilitator	- Score/Timekeeper
- Translator	- Assistant
- Team leader	- Player
- Cheerleader (Observer)	- Coach

### Selecting the Activity

- After considering all of the above, select an activity that will be engaging and suitable for the selected group of players.
- Be familiar with the aim, rules and scoring of the activity.
- Take note of the activity's steps and equipment required.
- Create an activity plan including modifications that will enable more active participation from the selected players and ensure that your approach follows the "Five Ways to Wellbeing" principles (see page 2) to optimise the session.

## Fostering Social Interactions

- >Create opportunities for social interactions during the activity to build better bonds:

### Before the activity

- Invite players to introduce themselves (e.g. preferred names) or introduce each other to the rest of the team (e.g. share their favourite: [1] sport, [2] team player/sports team, [3] colour and [4] snack).
- Invite them to decide on a team name and cheer/movement.
- Ask them to shout their team cheer/do their team move before the activity begins.

### During the activity

- After every goal is scored, encourage the scoring team to do their team cheer/move together.
- Pair players or volunteers up to complete tasks with special conditions (e.g. during sport stacking, one player uses their left hand and the other uses their right hand only).
- For sports which involve targets of different colours (e.g. archery/darts/ladder toss), assign special actions to each colour. E.g. if the arrow/dart/bola lands on a colour, before writing the scores down, the player has to make a heart shape/sing a song/exchange words of encouragement with a chosen team member.

### After the activity

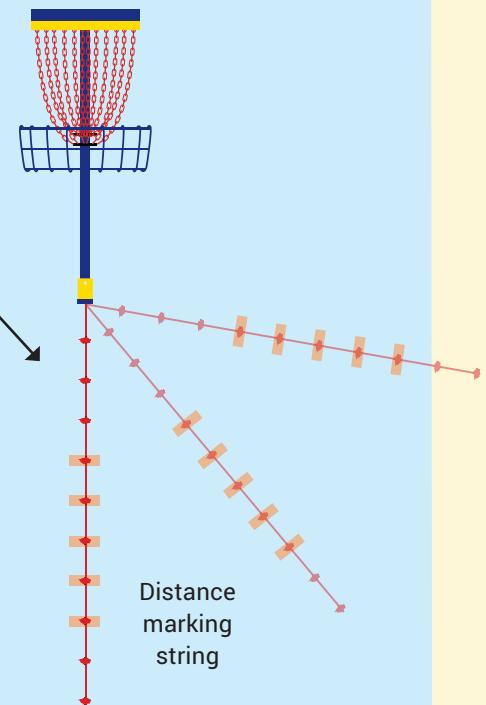
- Award teams with one bonus point for every correct answer about their teammates.





## Preparing for the Activity

- Keep all equipment in a designated spot for easier retrieval.
- Prepare a distance marking string to set up the play area easily. (Tip: Cut a string of around 5 metres, tie a knot at one end of the string. Tie a knot at every 50 centimetres. To use the string, place the first knot below the target and straighten it before marking the distance with a masking tape.)
- Give yourself enough time to set up the space (i.e. mark out the play area) and prepare the required equipment.
- Prepare/script your instructions so they are clear.
  - If translations are required, have the key words/phrases translated with the right pronunciation if a translator is not available during the session.
- Practise your instructions with others and get their feedback.
- Print out your activity plan for use during the session. Create space on the plan for future improvements.
- Be aware of any tensions in the group and seat players accordingly.
- Provide enough space between players so that they can freely swing their arms when playing (e.g. for throwing/catching/hitting).
- Position players in such a way that players and facilitators can see:
  - each other clearly;
  - the adaptive sport being played; and
  - the scoreboard.
- Place the scoreboard in a central position (Tip: Adding the players' names may motivate them to do better!), use large fonts so that scores can be easily seen.
- Ensure that the play area and all equipment have been thoroughly cleaned as per infection control practices and other prevailing precautionary measures.



Distance marking string

Red Team (or invite players to think of their own team name)				Blue Team			
Name of Player	Round 1*	Round 2*	Individual* Total	Name of Player	Round 1*	Round 2*	Individual* Total

\* Edit accordingly



## CREATING WELCOMING ACTIVITIES

### Stay Friendly, Authentic and Responsive

For an enjoyable and fulfilling session, it is important that players feel welcomed and supported throughout the activity.

Welcome!

#### Welcoming Players

- Greet and welcome players as they arrive.
  - Tip: Some players may enjoy being greeted with phrases from languages/dialects they are familiar with!
- Provide them with different coloured sashes/lanyards/vests for easier differentiation and transition into different teams when games start.
- Encourage all players to introduce their preferred names to each other. This helps the group get to know one another better.
- Ensure all players and facilitators use alcohol-based hand sanitiser before the session to decrease the risk of infections.

வணக்கம்

你好

Apa khabar?

#### Checking In

- Ask players how they are before introducing and explaining the adaptive sports activity.
- This provides a snapshot of their state of mind. For instance, ask them how their morning has been.
  - If the player shrugs or has little to say, they may be in a low mood and may need more attention during the session.
  - If the player engages in a short conversation (e.g. talks about food, the weather, the clothes to wear, their grandchildren, etc.), they should be in a good mood and will participate well during the session.
  - It may be useful to orientate players with the current date, day, time, place, upcoming festivals and significant events.

## Facilitating the Activity

- Be mindful that elderly players can hear low-pitched sounds better. Speak with a lower pitch if possible.
- Ensure your voice is clear and audible. Use a microphone if needed.
- Match your speed to that of the players.
- Keep instructions simple and clear.
- Refresh players' memory on the key instructions before starting the session.
- Provide a demonstration of the selected adaptive sport.
- Check for understanding by inviting players to repeat/demonstrate steps back to you.
- Have a symbolic start for warm up/games/cool down, e.g. use a whistle/bell so that players are aware that the activity has started.



## Encouraging Ownership and Celebrating Achievements

- Enable players to participate. If there is a need for more support, demonstrate or simplify steps further to encourage players to do as much as they can on their own.
- Encourage participation! Invite players to take part in ways that they can, alternative participation strategies can include observing and cheering on their peers.
- If suitable, increase the activity's challenge by increasing the player's distance from the target and providing them with additional roles (e.g. team leader, scorekeeper, etc.). This may encourage more active participation.





## Creating an Open and Encouraging Space

- Attend to all players equally during the session. Be mindful not to be perceived to practise favouritism.
- Walk around to check on players, providing advice and suggestions when needed. This is also an opportunity to assess an activity's challenge level and suitability.
- Create ways (see "Fostering Social Interactions" on page 7) for players to interact with one another, so as to boost social interaction and bonds within the group.



## Staying Positive

- Make activities accessible. Stay open-minded and be ready to modify steps in the activity. It can be equally rewarding to encourage players to explore what they feel is accessible/achievable for them at that moment.
- Highlight specific efforts and accomplishments observed during the session to the player/group.
- Be mindful that players can discern their own performance, so be genuine when praising or encouraging players.

Good!





## Keeping Time

- Keep track of the time and pace the group through each session.
- Inform players when the session reaches its midpoint, and during the last 15 minutes. However, be mindful not to rush players/sound impatient as this may cause undue stress and anxiety, and players may stop doing the activity immediately.

## Actively Noting Players' Wellbeing

- Observe the players' faces and body language. Players may feel tired during the activity. Schedule water breaks so that they have time to rest.
- Should players request to take a break from the activity before it ends, invite them to remain in the session and offer alternative roles (e.g. scorekeeper, cheerleader) to optimise their participation. They can also be invited to stay on as an observer.
- If players request to leave the session, do have a quick check-in with them to better understand their concerns and see if there are ways you may help them feel more comfortable or supported next time.
- Players may also be feeling unwell. If so, check their vital signs, offer them a place to rest and inform the relevant person in charge.



## Checking Out

- Encourage players to exchange handshakes/fist bumps at the end of the session.
- Have players help to gather equipment and return them to the designated area.
- Invite players to share their experiences with the group. For popular activities, reassure the players that there will opportunities to take part again in the near future.
- Before saying goodbye, briefly share your observations, highlighting players' efforts and achievements.
- Offer words of encouragement and a round of affirmation by inviting the group to give themselves a round of applause.
- Invite players to clean up the area where possible.
- Provide all players and facilitators another round of alcohol-based hand sanitiser.
- Before players leave, briefly share the next activity to create anticipation.



## Preparing for the Next Round

- Wipe down or wash all equipment to prevent infection.
- Keep equipment used for the same session together.
- Ensure that the space is kept clean and tidy.





# MAKING HELPFUL IMPROVEMENTS

**Let Learning and Observations Help Enhance Your Future Sessions**

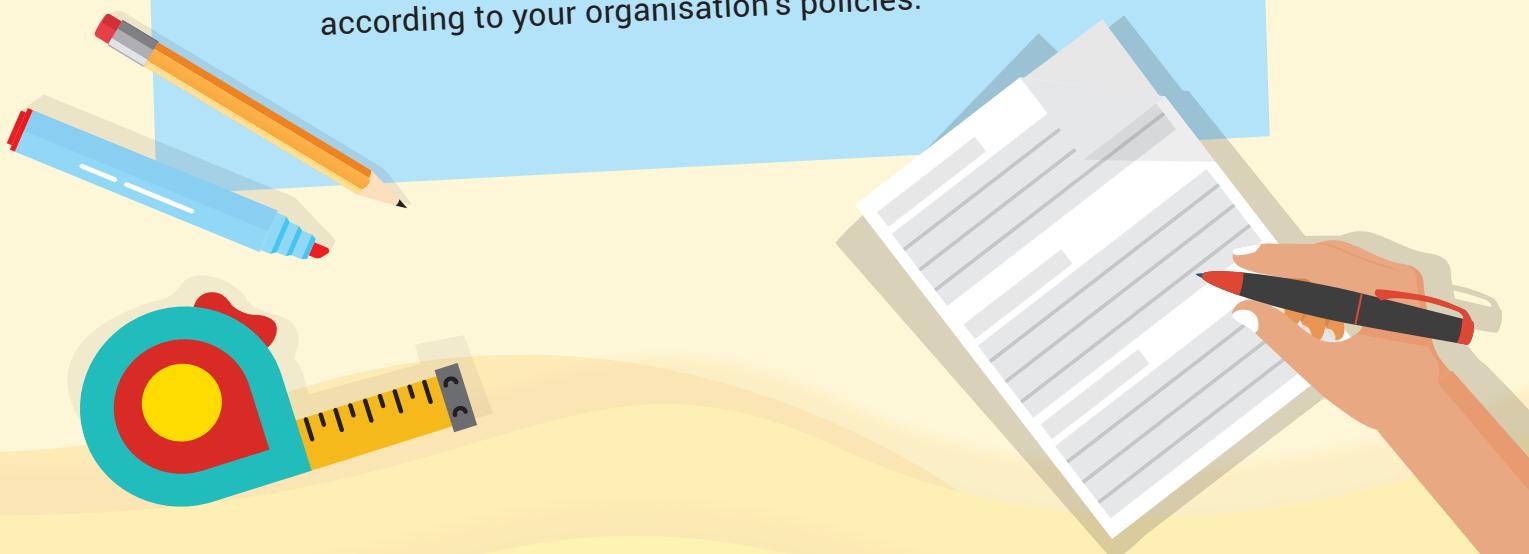
**Take time to reflect on your experience** at the end of the session while it is still fresh in your mind.

## Reflect on these Questions:

- How do you feel about the session?
- What worked well for you and the players?
- Were there any challenges or issues that arose?
- How did you respond to them?
- What actions or solutions would you take to prevent those challenges or issues from occurring again?

Do also remember to note areas that went well and the improvements you would like to include for the future to benefit your/other facilitators' subsequent sessions.

After the activity is completed, file your plan in a central area for reuse. Do ensure that information which may relate to personal data is deleted or safeguarded according to your organisation's policies.



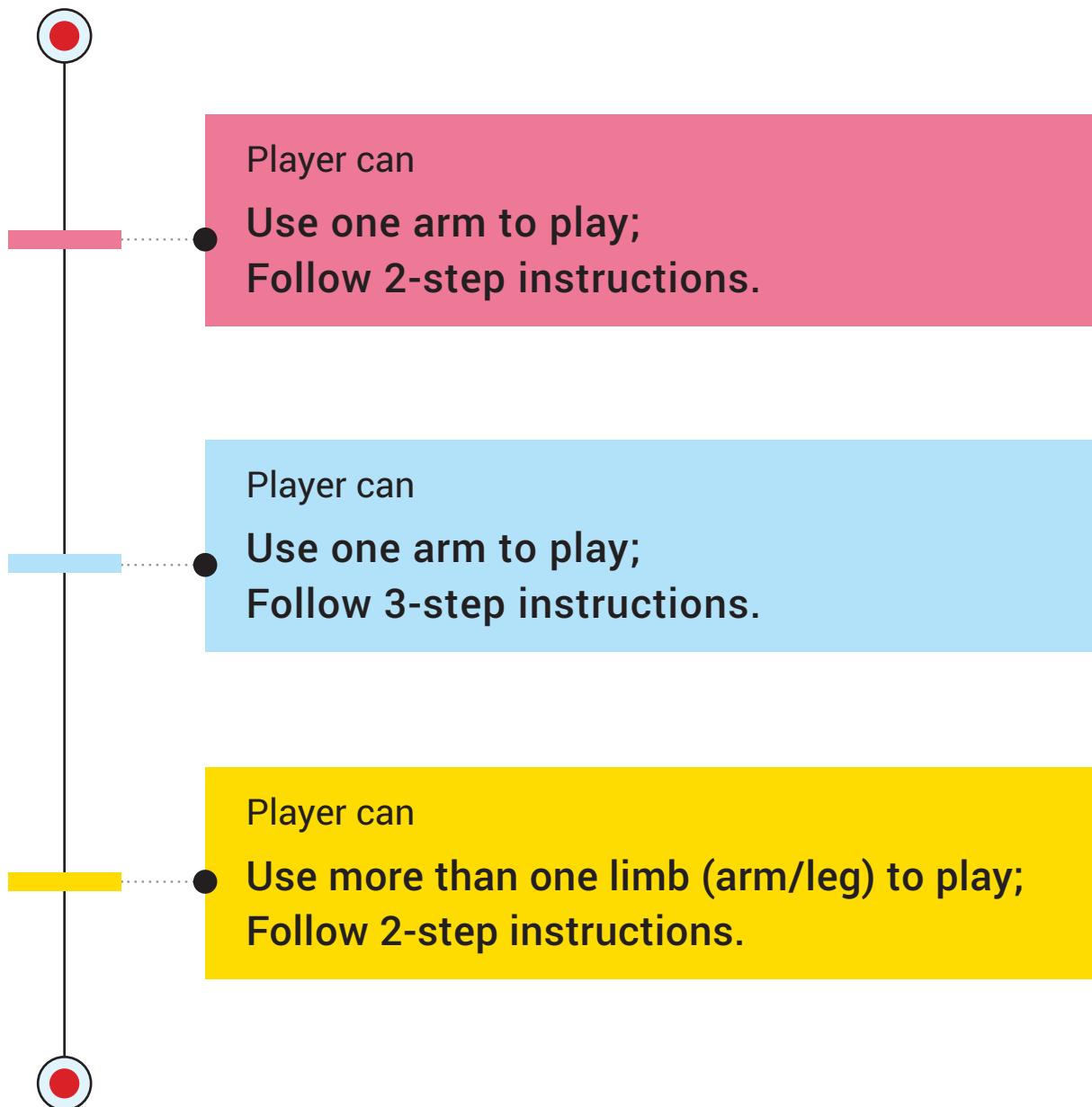
# HOW TO USE THIS TOOLKIT

Each adaptive sports session takes about 40 minutes, excluding the setup, warm up, cool down, break and clean up.

Section	Remarks
<b>Objective</b>	Introduces the goal of each adaptive sport
<b>Equipment/ Alternative equipment</b>	Lists the types of items required for the adaptive sports activity. It can be actual sports equipment or alternatives that may be safer and easier for players.
<b>Scoring</b>	Provides information on the scoring system for the adaptive sports.
<b>Suitable for</b>	Suggests players who would be able to take part in this adaptive sports activity. Facilitators should review players' abilities prior to the game.
<b>Group size</b>	Suggests the facilitator to player ratio, e.g. 2:10 means 2 facilitators are required to facilitate 10 players.
<b>Hand positions/ throws/catches/hits</b>	Provides facilitators and players a pictorial view of how to hold, throw, catch or hit the equipment.
<b>Instructions</b>	Provides information on the basic gameplay and also introduces variations for team sport formats.
<b>Game setup</b>	Provides the gameplay layout.
<b>Grade up</b>	Offers suggestions to make the gameplay more challenging in areas such as endurance.
<b>Grade down</b>	Offers suggestions to make the gameplay less challenging and more accessible.
<b>Take note</b>	Provides key points that facilitators should pay attention to, specifically related to safety.

# THE ADAPTIVE SPORTS IN THE TOOLKIT ARE ORGANISED IN THE FOLLOWING FORMAT:

## Front



## Back



The coloured strips at the top of each page correspond with these sections. Use the colours to guide your activity choice.

# WARM UP AND COOL DOWN EXERCISES

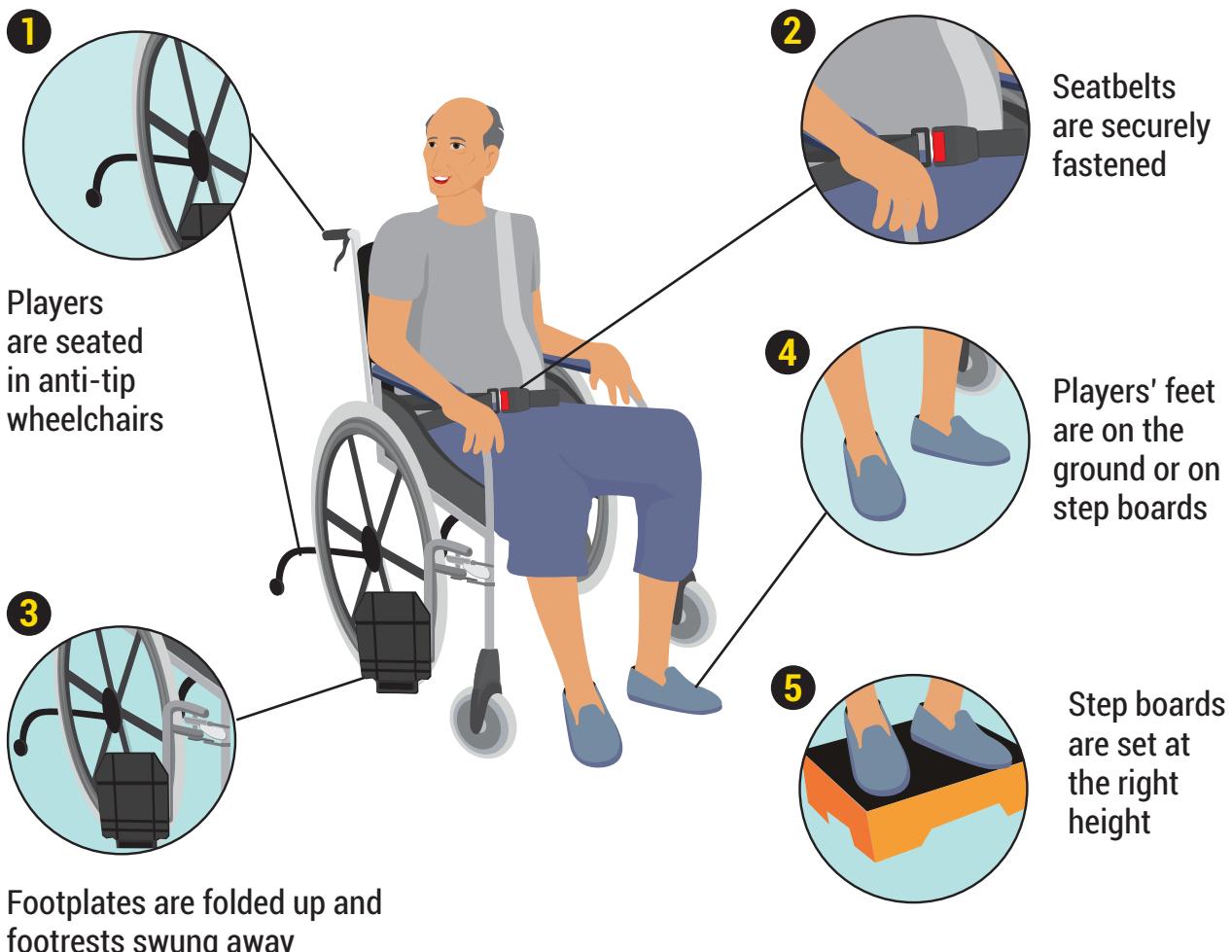


Scan this with a QR code reader or visit <https://for.sg/aic-fitfun-warmupcooldown> to watch a demonstration video.

These seated exercises will prepare players for the sporting activities and help them return to regular activities afterwards.



## WHEELCHAIR SAFETY CHECKLIST



## SAFETY TIPS

- These warm up and cool down exercises are to be completed while seated.
- Be familiar with players' abilities to ensure that the exercises can be adapted to meet their needs.
- Ensure that players do not bounce or overstretch during these exercises.
- Ensure that players only exercise the arm/leg that they are able to move independently.
- If any player experiences sharp pain/discomfort during these exercises, please refer them to an appropriate healthcare professional to evaluate their suitability for the sporting activity.



### FOR WARM UP

- Use exercises 1 to 13 on pages 19 to 24.

### FOR COOL DOWN

- Use exercises 1 to 12 on pages 19 to 24.

Warm up and cool down with these exercises:

For cool down, skip exercise 13.

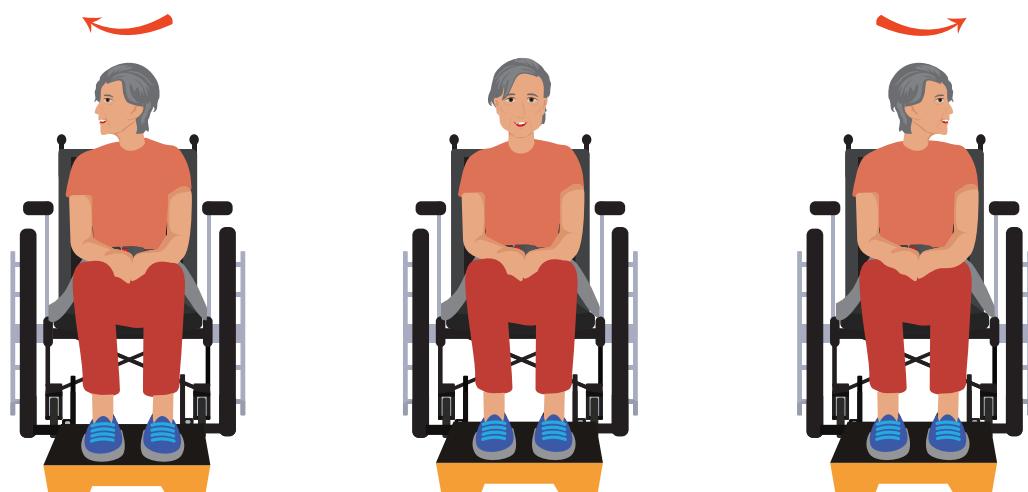
### 1. Head Tilt (4 times)

- a. Gently tilt the head to one shoulder.
- b. Return the head to the centre and repeat on the opposite side.
- c. Repeat the steps to complete the exercise 4 times.



### 2. Neck Movements (4 times)

- a. Gently turn the head to look over one shoulder.
- b. Return the head to the centre and repeat on the opposite side.
- c. Repeat the steps to complete the exercise 4 times.



### 3. Arm Circles (4 times)

- a. Hold the arms out to the side, palms facing forward. Arms should be at shoulder height.
- b. Move the arms in small circles going forward, gradually making the circles larger.
- c. Repeat the action going backward.
- d. Repeat the steps to complete the exercise 4 times.



*Forward circular movement*



*Backward circular movement*

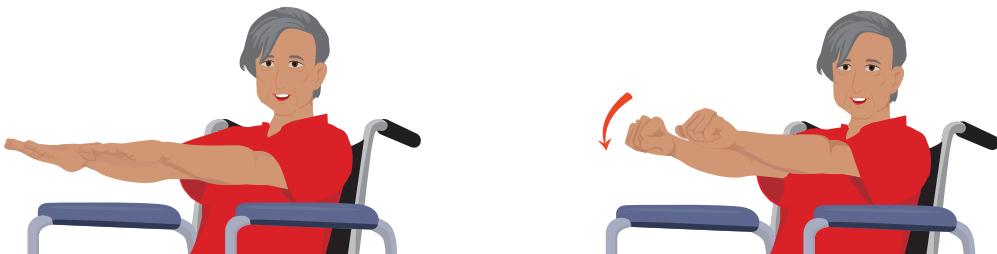
### 4. Wrist Movements (4 times)

- a. Hold the arms out to the front with palms facing down (starting position).
- b. Gently point fingers up towards the ceiling.
- c. Return to the starting position and repeat. This time, point fingers down towards the floor.
- d. Repeat the steps to complete the exercise 4 times.



### 5. Finger Pumps (8 times)

- a. Hold the arms out to the front with palms facing down (starting position).
- b. Open and close hands, spreading fingers as wide apart as possible.
- c. Repeat the steps to complete the exercise 8 times.



### 6. Shoulder Blade Movements (4 times)

- a. Hold the arms out to the front and clasp fingers (starting position).
- b. Reach as far forward as possible and raise the arms up towards the ceiling.
- c. Return to the starting position.
- d. Repeat the steps to complete the exercise 4 times.



### 7. Torso Twists (4 times)

- a. Hold on to one side of the wheelchair armrest.
- b. Twist the torso to one side, stretching as far as possible.
- c. Slowly return to the centre and repeat on the opposite side.
- d. Repeat the steps to complete the exercise 4 times.



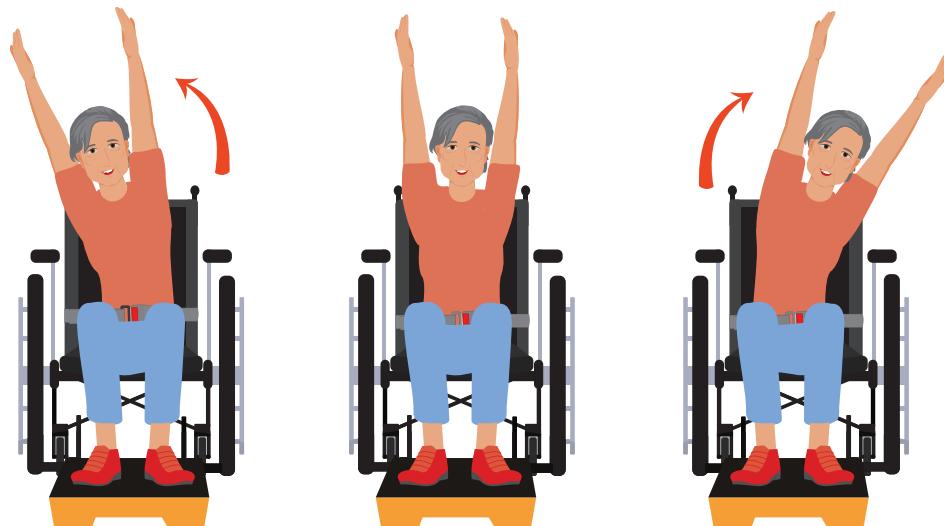
## 8. Spine Movements (4 times)

- a. Raise the arms overhead.
- b. Tilt the chin down towards the chest, curl the body down slowly, use fingers to reach for the toes.
- c. Roll up through the spine and raise the arms overhead again.
- d. Repeat the steps to complete the exercise 4 times.



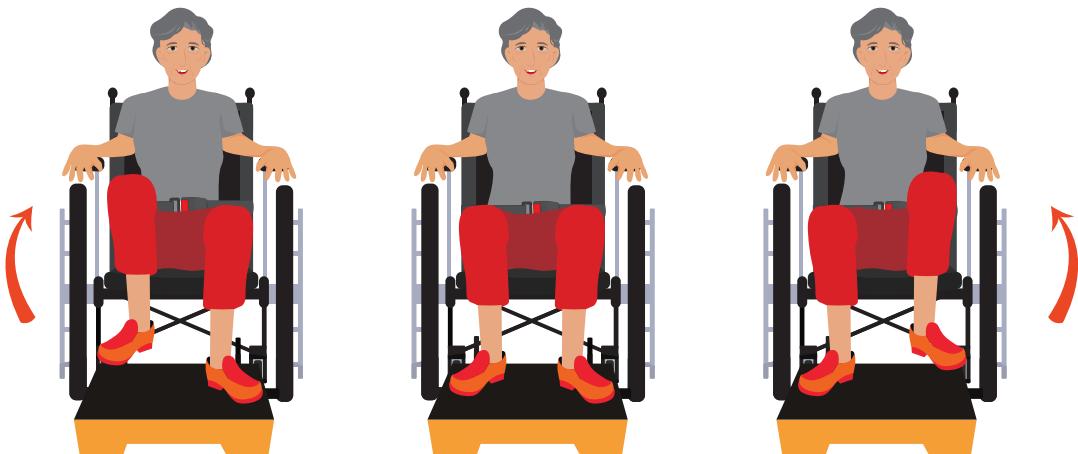
## 9. Side Bends (4 times)

- a. Raise the arms overhead, palms facing each other.
- b. Bend the torso sideways towards one side.
- c. Return to the centre and repeat on the opposite side.
- d. Repeat the steps to complete the exercise 4 times.



## 10. Leg Lifts (4 times)

- a. Place both feet flat on the ground or wheelchair step board (starting position).
- b. Raise one leg off the ground.
- c. Return to the starting position and repeat with the opposite leg.
- d. If players require help, ask first before helping the player to raise one leg by holding onto their thigh.
- e. Repeat the steps to complete the exercise 4 times.



## 11. Knee Movements (4 times) (Omit if not possible)

- a. Place both feet flat on the ground or wheelchair step board (starting position).
- b. Straighten one leg.
- c. Return to the starting position and repeat with the opposite leg.
- d. Repeat the steps to complete the exercise 4 times.

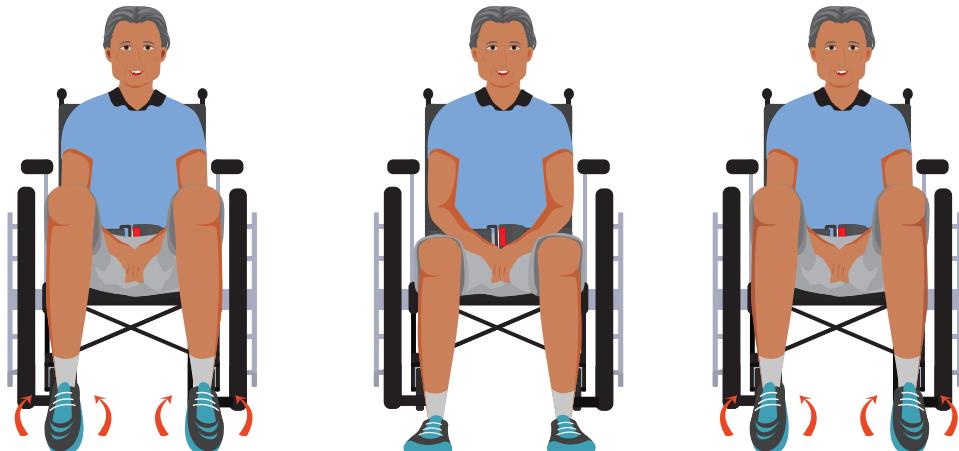


*Right leg up*

*Left leg up*

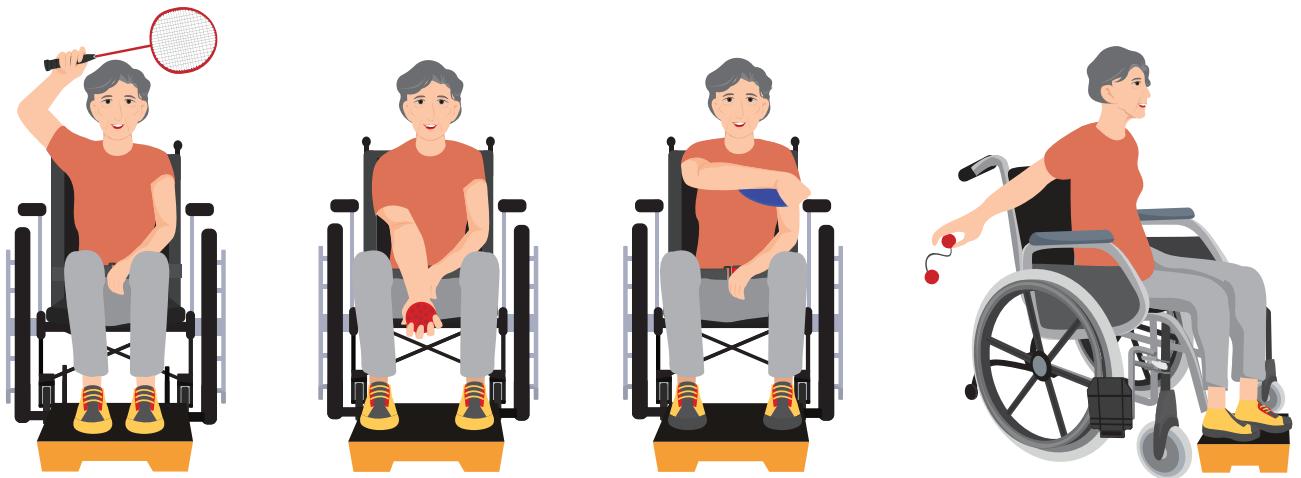
## 12. Heel Raises (4 times) (Omit if not possible)

- a. Place both feet flat on the ground or wheelchair step board (starting position).
  - b. Raise both heels off the ground.
  - c. Return to the starting position.
- d. Repeat the steps to complete the exercise 4 times.



## 13. Trial Action (4 times) (Only for warm up)

- a. Provide each player with the adaptive sports equipment. Without releasing the equipment, practise an action from the sport (throwing, stacking, etc.) 4 times.
  - b. Return to the original position.
- c. Repeat the steps to complete the exercise 4 times.



# FLOORBALL

## TIPS!



For approximate dimensions of equipment, refer to pages 111-126 (Overview of Adaptive Sports Equipment)

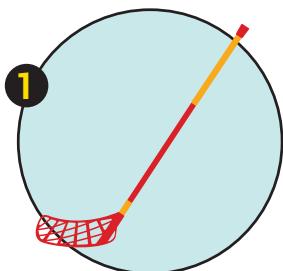


Team

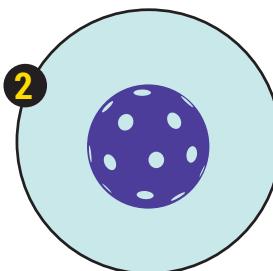


Scan this with a QR code reader or visit <https://for.sg/aic-fitfun-floorball> to watch an instructional video.

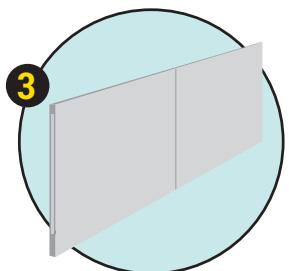
## EQUIPMENT



\* 10 floorball sticks  
(1 per player)



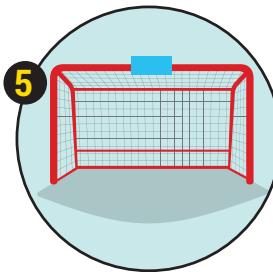
\* 1 floorball  
(choose a coloured ball that contrasts with the floor for greater visibility)



\* 2 long rinks  
(e.g. actual floorball rinks or made from plastic corrugated boards)



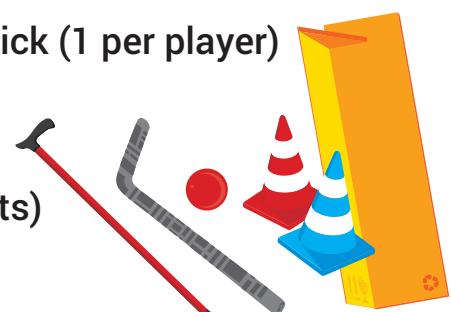
1 scoreboard



\* 2 goal posts – coloured card affixed to the top  
(e.g. 1 blue card, 1 red card – to reflect where the team's goal is)  
(ensure that the net mesh is suitably sized to halt the ball and the goal posts are safely installed/weighted down)

## ALTERNATIVE EQUIPMENT (for equipment marked with \*)

- 10 walking sticks or newspaper rolled up as a stick (1 per player)
- 1 light and soft ball or crushed newspaper
- 2 DIY cardboard rinks (put two layers of cardboard together and tie them to the goal posts)
- 4 cones (2 per goal post)



## OBJECTIVE

Score the most points by hitting the ball between the goal posts.

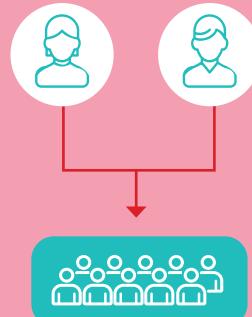
## SUITABLE FOR

Players who can

- Use a plastic stick safely on their own
- Maintain balance on a wheelchair while using the plastic stick to hit a floorball
- Follow 2-step instructions

## GROUP SIZE

2 facilitators



10 players

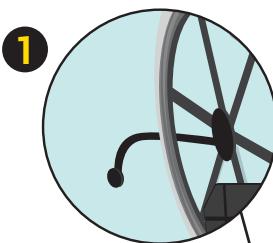
### SCORING

Players score points when they successfully hit the ball between the goal posts.

- 1 point is awarded for every goal.

The team with the most points after 10 minutes wins.

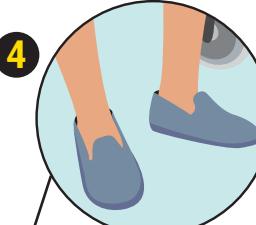
## WHEELCHAIR SAFETY CHECKLIST



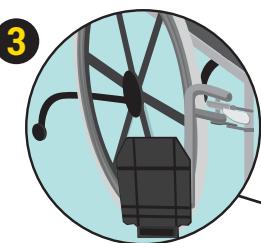
Players are seated in anti-tip wheelchairs



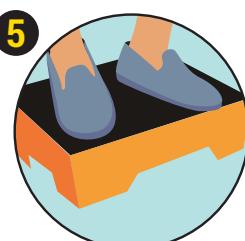
Seatbelts are securely fastened



Players' feet are on the ground or on step boards

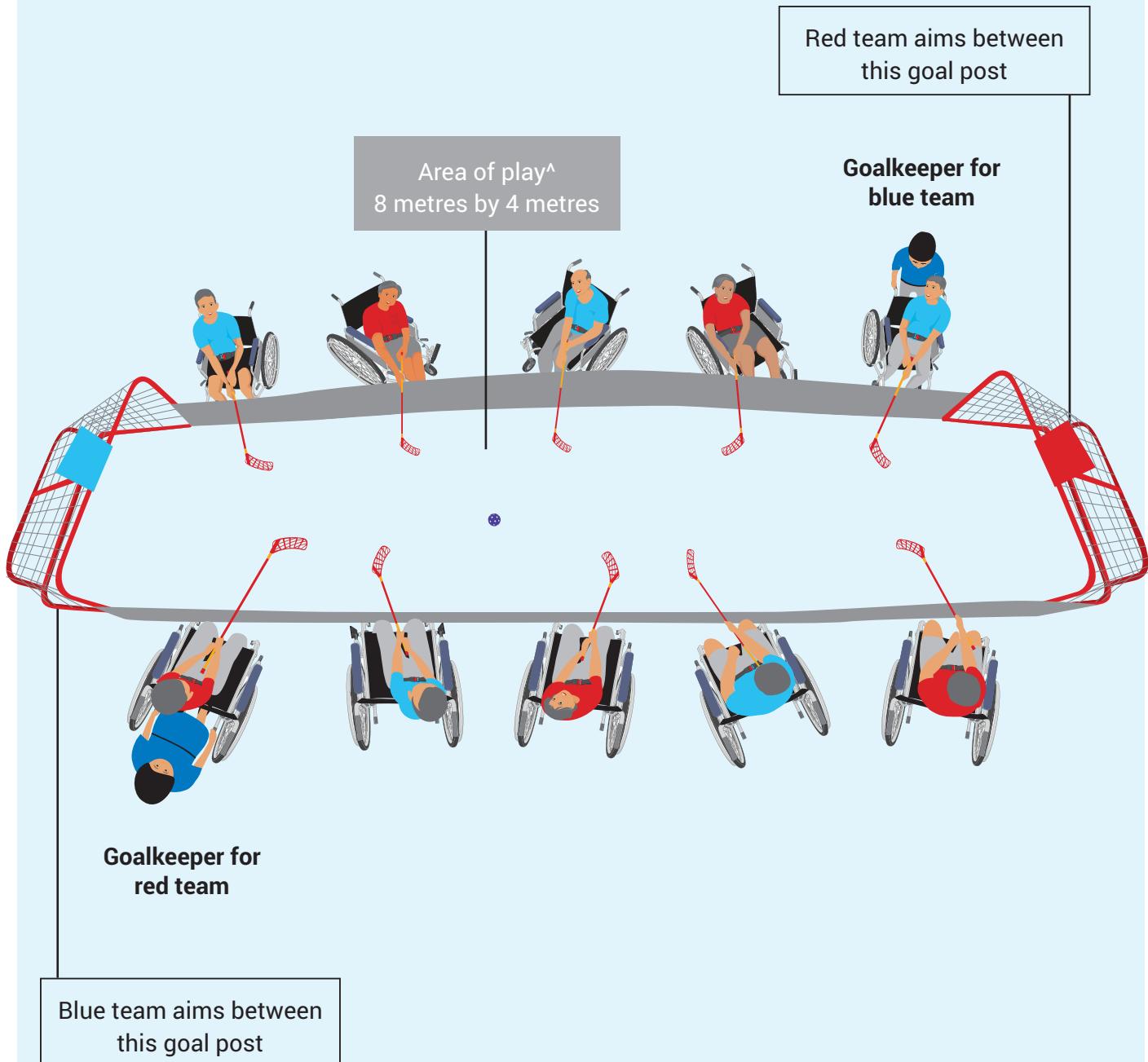


Footplates are folded up and footrests swung away



Step boards are set at the right height

## GAME SETUP

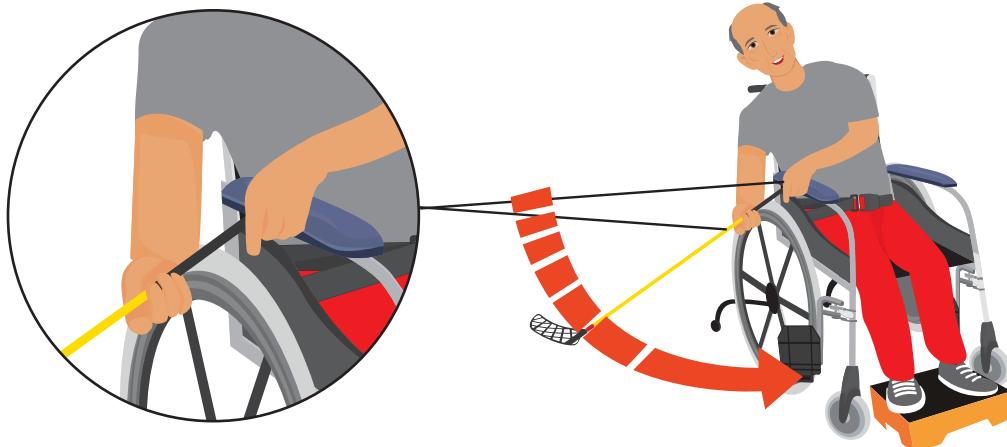


<sup>^</sup>Measurements provided are approximate and can be changed, depending on the needs of players and the space available.

Facilitators should be positioned at the back of the goalkeepers for additional safety should they overreach to save the ball.

Players should raise their hand for help if their sticks fall during the game. Stop the game for safe retrieval.

## HAND POSITION



Players should not hold the stick or hit the ball above their knee level.

## INSTRUCTIONS

### Prepare

- Predetermine the position of players based on their abilities (e.g.
  - i) the player's stronger arm should be nearer to the play area when facing their team's goal post;
  - ii) the player should be placed nearer to their team's goal post if the:
    - Player has a tendency to hit high balls;
    - Player has poor vision;
  - iii) the player should be placed beside the facilitator if the player has poor hearing).
- Form 2 teams of 5 players. Each team is given a team colour (e.g. red team vs blue team).
- Provide each player with a floorball stick.
- Position players according to the game setup (alternate players from the red and blue team on both sides of the rink).
- The players' wheelchairs are angled towards their goal (e.g. players from the red team should face the goal post with the red card).
- The player nearest to the opponent team's goal post (i.e. player from the blue team nearest to the goal post with the red card) acts as the goalkeeper as well (see Game Setup on page 27 for further details).
- Remind teams which goal post they should be aiming towards to score points for their team (e.g. red team will aim towards the goal post with the red card).

## INSTRUCTIONS (CONTINUED)

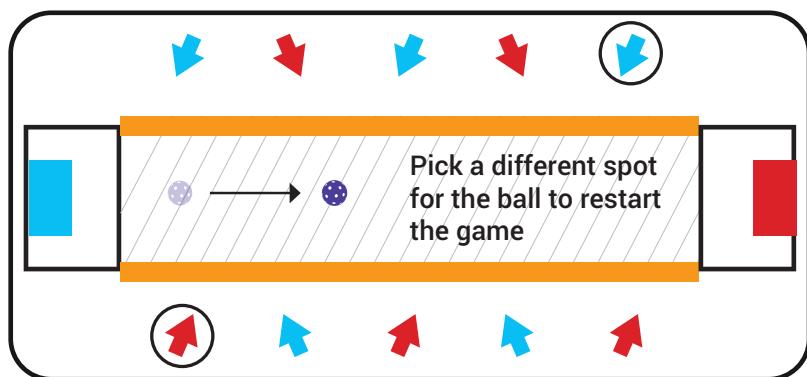
### Begin

- Place the floorball in the middle of the play area.
- Encourage players to hit the floorball towards their goal (e.g. players from the red team hit the floorball into the goal post with the red card).
- The goalkeeper tries to prevent opponents from scoring.
- Stop the game once a goal is scored to ensure safe retrieval of the ball.
- Place the floorball in the middle of the play area to restart the game. Pick a different spot to ensure all players have a chance to start the game.
- Players score points when they successfully hit the ball between goal posts. 1 point is awarded for every goal. The team with the most points after 10 minutes wins.

### TIPS!



*For suggestions on enhancing social interactions during the activity, refer to the facilitation tips on page 7.*



### Legend

players

goalkeepers

ball

rink

goal post

play area

# GRADE UP

- Group players with similar abilities together.
- Increase the game duration (e.g. from 10 to 15 minutes).
- Increase the number of sets per game (e.g. from 1 set of 10 minutes to 2 sets of 10 minutes).

## GRADE DOWN

- Group players with similar abilities together to suitably challenge the players.
- Decrease the game duration (e.g. from 10 to 5 minutes).
- Introduce a break.
- Position players nearer to the goal post if they are unable to hit far enough.

## NOTES

# LADDER TOSS

## TIPS!



For approximate dimensions of equipment, refer to pages 111-126 (Overview of Adaptive Sports Equipment)



Individual

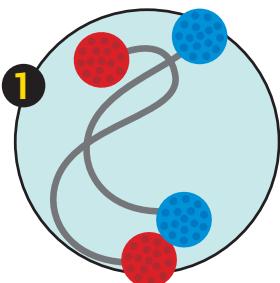


Team

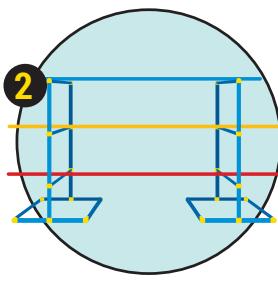


Scan this with a QR code reader or visit <https://for.sg/aic-fitfun-laddertoss> to watch an instructional video.

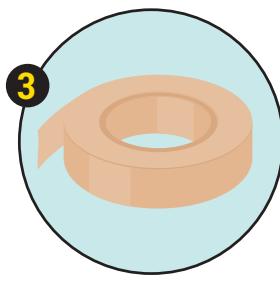
## EQUIPMENT



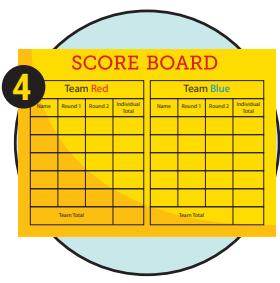
\* 6 golf ball bolas  
(2 colours: 3 sets per colour)



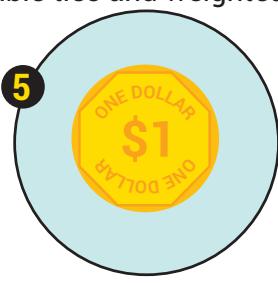
\* 2 ladder toss ladders and 3 bamboo poles  
(ensure these are safely secured with cable ties and weighted down)



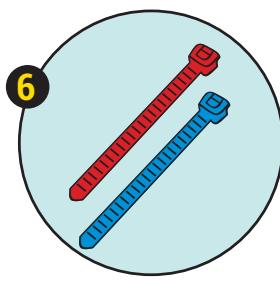
1 roll of masking tape  
(for marking the starting line)



1 scoreboard



1 coin



\*12 cable ties

## ALTERNATIVE EQUIPMENT

(for equipment marked with \*)



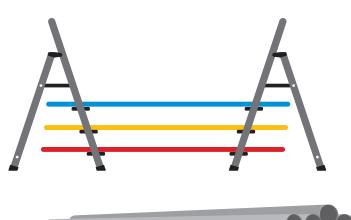
- 6 tennis ball bolas:
  - Using 6 nylon ropes (30 centimetres each), tie 2 large knots at each end of the nylon rope.
  - Cut a "X" in each of the 12 tennis balls.
  - Insert one knot into the "X" in one tennis ball.
  - Secure the nylon rope in the "X" with super glue.
  - Repeat for the other end of the rope with another tennis ball.
  - The tennis balls should be about



25 centimetres apart.

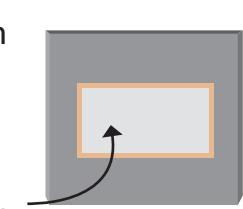
- Ensure that the joints are dry and secure before use.

### 2 step ladders and 3 coloured PVC pipes



- Ensure these are safely secured with nylon rope to the lowest 3 levels of the ladders and weighted down.
- Alternatively, mark an area on a wall with masking tape (refer to page 36).

### 12 ropes (approximately 40 centimetres each)



## OBJECTIVE

Score the most points by throwing bolas onto the ladder rungs from various distances.

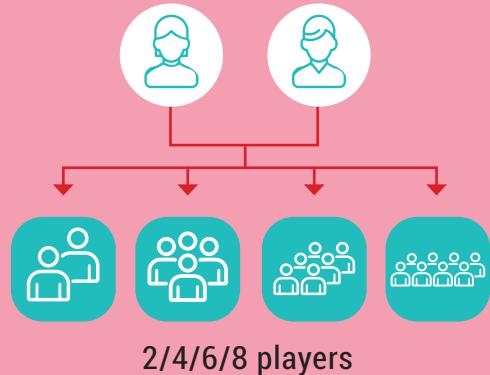
## SUITABLE FOR

Players who can

- Throw a bola safely forward on their own
- Maintain balance on a wheelchair while throwing bolas
- Follow 2-step instructions

## GROUP SIZE

2 facilitators



### SCORING

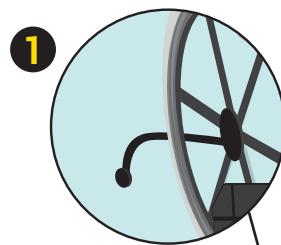
Players score points if their bola remains on the ladder rungs at the end of the round.

Points awarded for landing the bola onto the rungs depend on the distance between players and the ladder:

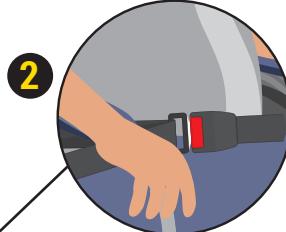
- 1 point: about 1.5 metres <sup>^</sup>	- 2 points: about 2 metres <sup>^</sup>	- 3 points: about 2.5 metres <sup>^</sup>	- 4 points: about 3 metres <sup>^</sup>	- 5 points: about 3.5 metres <sup>^</sup>
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The individual/team with the most points wins.

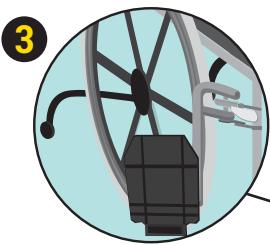
## WHEELCHAIR SAFETY CHECKLIST



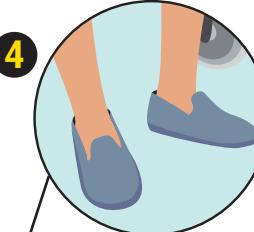
1  
Players are seated in anti-tip wheelchairs



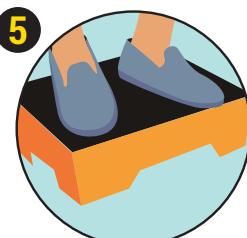
2  
Seatbelts are securely fastened



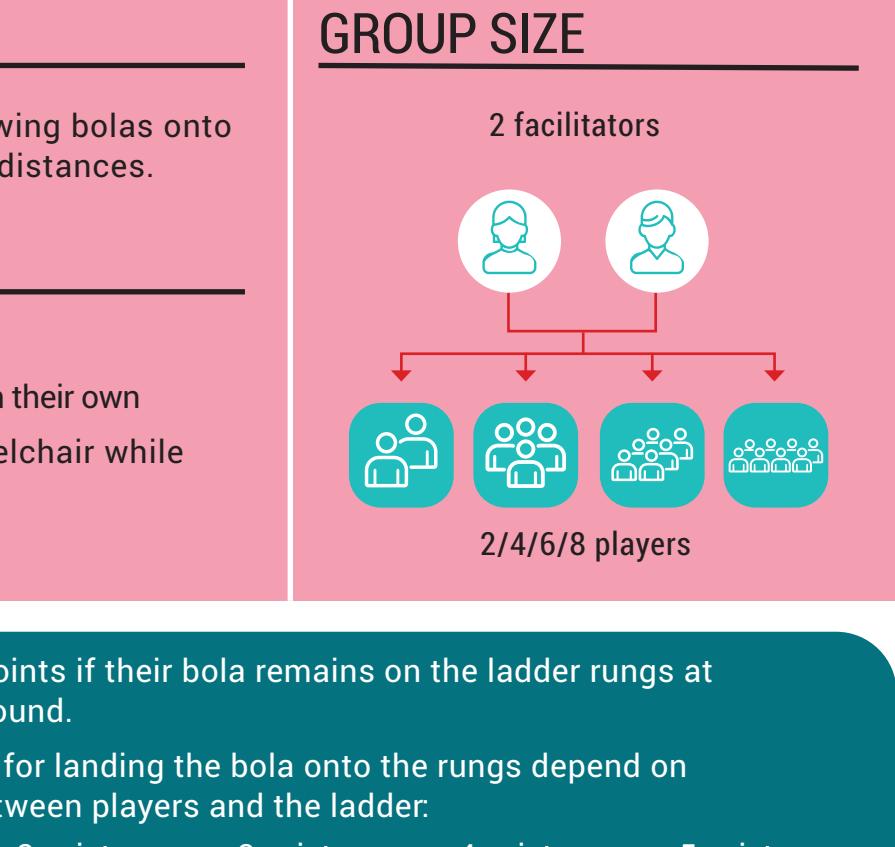
3  
Footplates are folded up and footrests swung away



4  
Players' feet are on the ground or on step boards



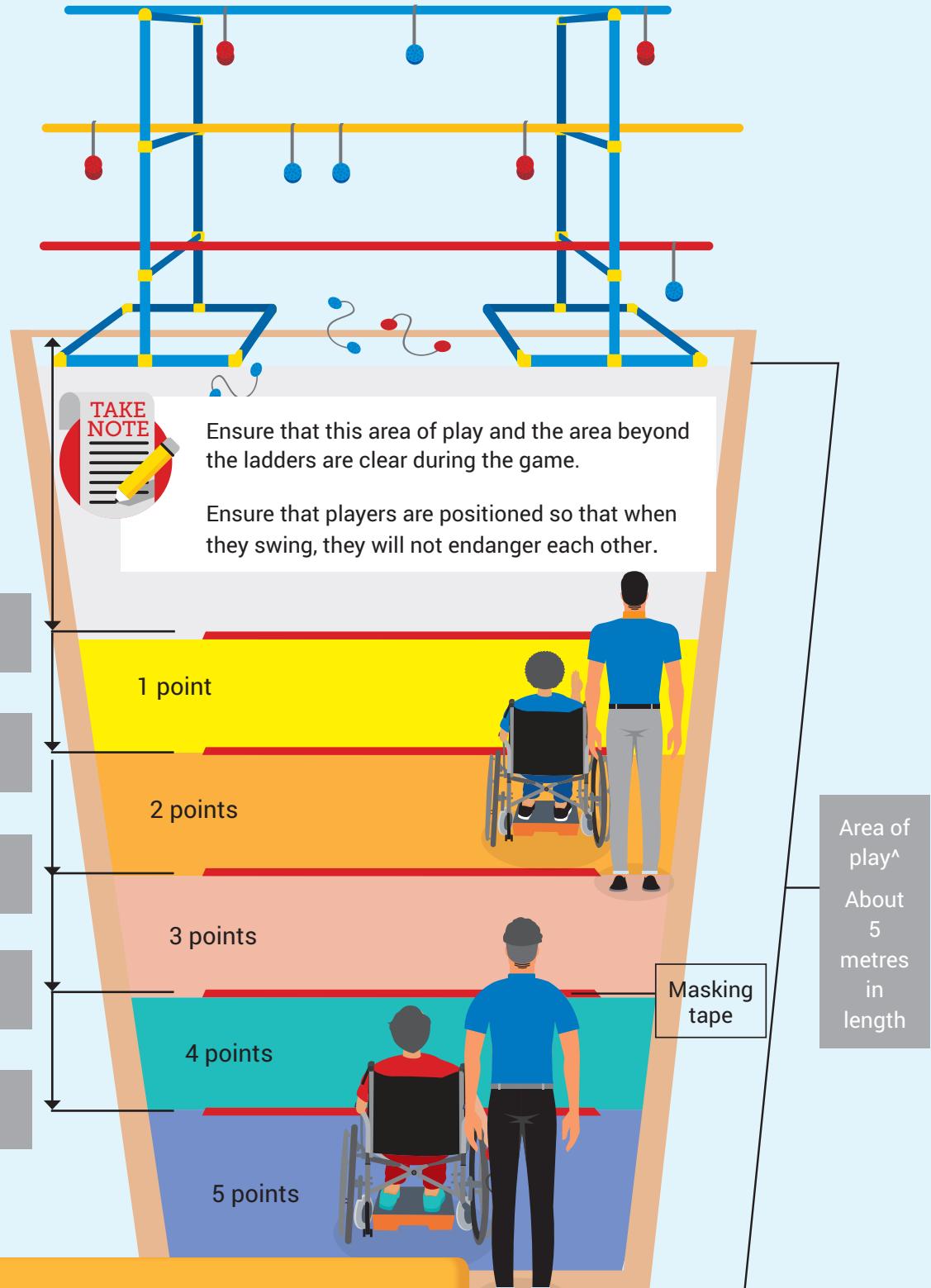
5  
Step boards are set at the right height



## GAME SETUP



<sup>^</sup>Measurements provided are approximate and can be changed, depending on the needs of players and the space available.



### TIPS!

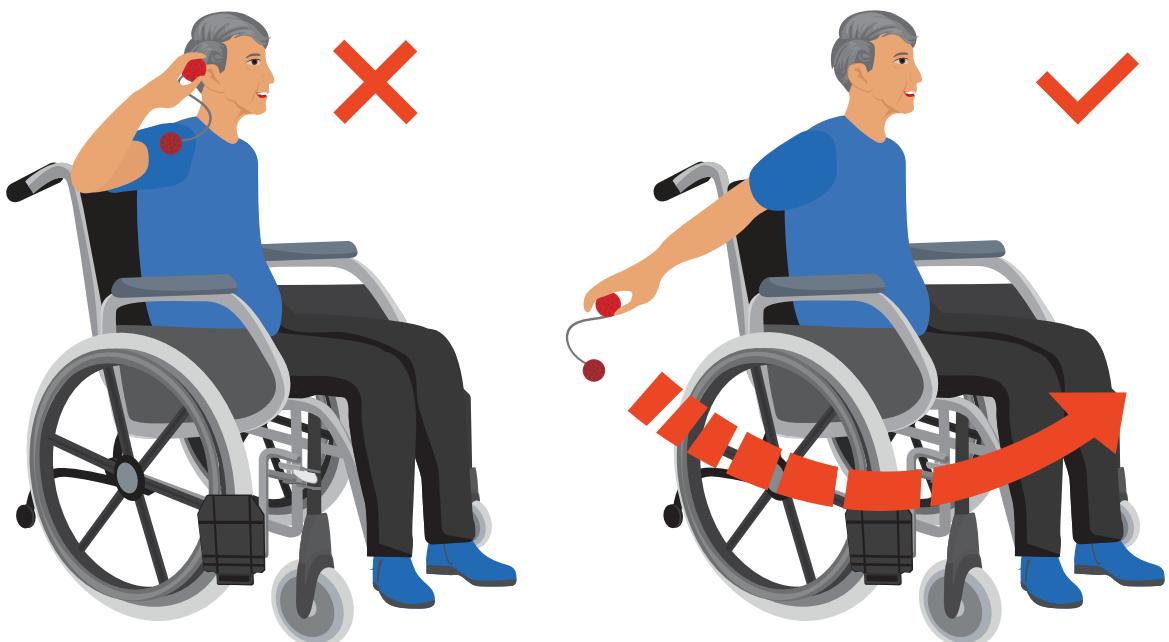


For suggestions on how to use a distance marking string to set up the play area, refer to the preparation tips on page 8.

## TYPE OF THROW



Do not use an overhand throw for the bola.



## INSTRUCTIONS

### Prepare

- Toss a coin to determine which player/team starts off the game (e.g. red player/team is the starting player/team).
- Each player chooses a position (e.g. at the 2 metre mark).
- Ensure that the play area is clear (e.g. no one is near the swing area of the players, within the play area and beyond the ladder).

### Begin

- Each player has 3 chances to throw the bolas onto the ladder.
- Players take turns to throw the bolas.
- The red player starts by throwing the red bola onto the ladder.

## INSTRUCTIONS (CONTINUED)

### Begin (Continued)

- The blue player will then throw the blue bola onto the ladder.
- Players can choose a new position after each throw.
- Players score points based on their chosen position: the further the position, the higher the points (refer to Game Setup on page 33).
- Bolas hanging on the rungs (e.g. coloured pipes/bamboo poles) can be knocked off by other players.
- Players score points if their bola remains on the ladder rungs at the end of the round.
- Points awarded for landing the bola onto the rungs depend on the distance between players and the ladder:
  - 1 point: about 1.5 metres
  - 2 points: about 2 metres
  - 3 points: about 2.5 metres
  - 4 points: about 3 metres
  - 5 points: about 3.5 metres.
- The player with the most points wins.

### VARIATIONS:



#### TEAM SPORT FORMAT

- Form teams with an equal number of players.
- Players from each team take turns to throw bolas.
- A red team player starts by throwing the red bola onto the ladder.
- A blue team player will then throw the blue bola onto the ladder. Each player has 3 chances to throw the bolas onto the ladder.
- Players can choose a new position after each throw.
- Add up the points scored after everyone in each team has participated.
- The team with the most points wins.

### TIPS!



For suggestions on enhancing social interactions during the activity, refer to the facilitation tips on page 7.

## NOTES

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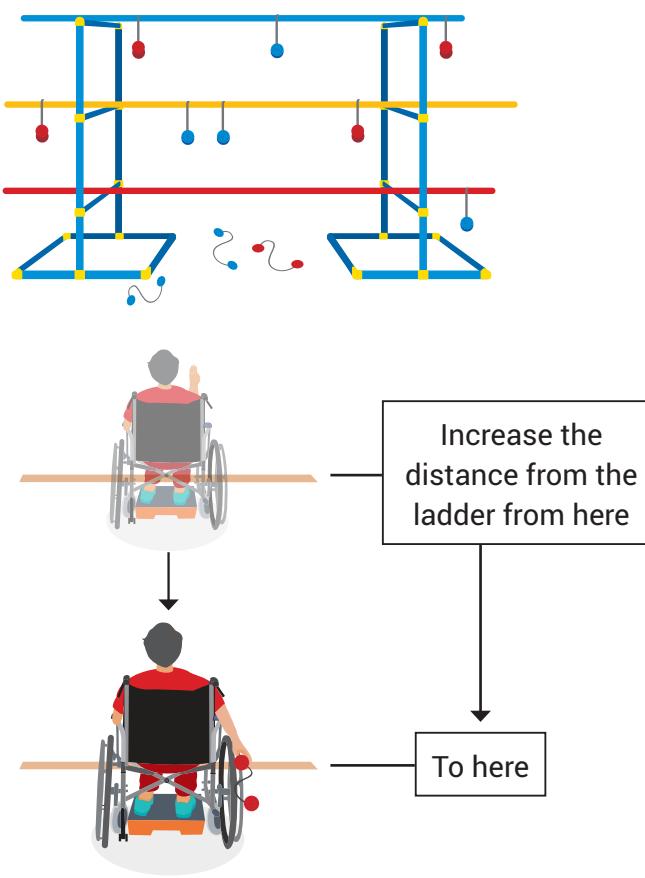
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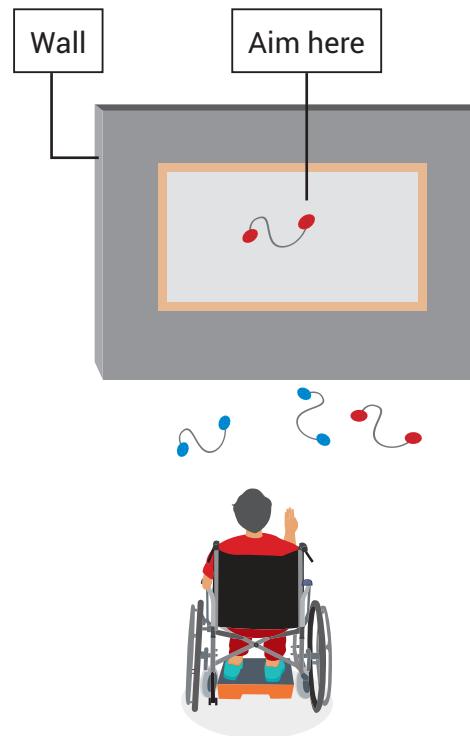
## GRADE UP

- Group players with similar abilities together.
- Increase the distance between players and the ladder (e.g. from 2 to 2.5 metres) and adjust the scoring accordingly.
- Increase the number of rounds (e.g. from 1 round of 3 throws to 3 rounds of 3 throws) before determining the winner.
- Move the session outdoors to increase the range of potential distractions.



## GRADE DOWN

- Group players with similar abilities together.
- Provide players who have difficulty aiming extra chances to throw (e.g. from 3 to 5 throws).
- Decrease the distance between players and the ladder (e.g. from 2 to 1.5 metres) and adjust the scoring accordingly.
- Increase the target size (e.g. change the target from the ladder to an area marked out on a wall. 1 point can be awarded when the bola hits the wall).
- Move to a small, bare location to minimise distractions.



## NOTES

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# VOLLEYBALL

## TIPS!

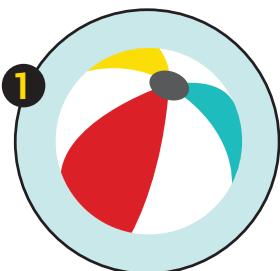


For approximate dimensions of equipment, refer to pages 111-126 (Overview of Adaptive Sports Equipment)

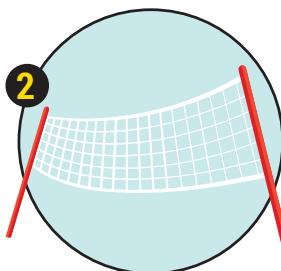


Team

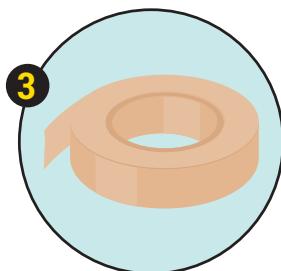
## EQUIPMENT



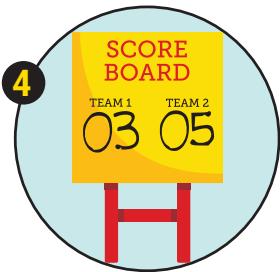
\* 1 soft inflatable beach ball



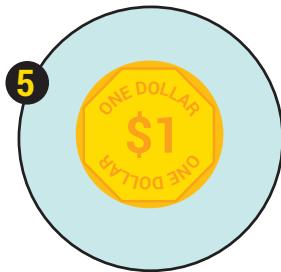
\* 1 volleyball net  
(ensure this is safely installed/weighted down)



1 roll of masking tape  
(for marking the starting line)



1 scoreboard

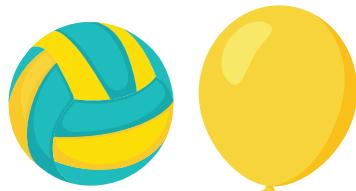


1 coin

## ALTERNATIVE EQUIPMENT

(for equipment marked with \*)

- 1 soft volleyball/balloon (thicker quality)
- 1 row of flag banner/barricade tape across 2 stacks of chairs  
(ensure that this is safely installed/weighted down)



Should balloons be used, ensure that players are not fearful of them.

## OBJECTIVE

Score the most points by hitting the ball over the net.

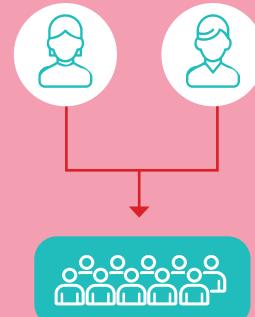
## SUITABLE FOR

Players who can

- Throw and catch a ball safely on their own
- Maintain balance on a wheelchair when handling a ball
- Follow 2-step instructions

## GROUP SIZE

2 facilitators



10 players

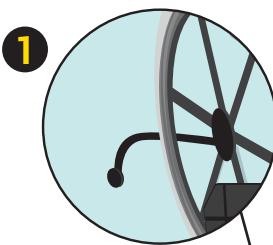
### SCORING

The team scores 1 point when the:

- Ball lands on the opponent's side;
- Ball is passed more than 3 times within the opponent's team before it is hit over the net; or
- Opponent does not hit the ball over the net;
- Opponent hits the ball outside of the play area.

The first team that scores 10 points wins.

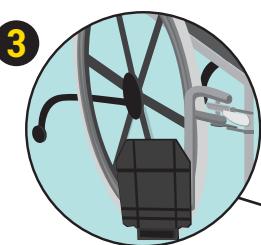
## WHEELCHAIR SAFETY CHECKLIST



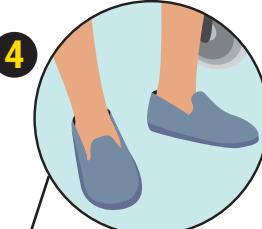
1 Players are seated in anti-tip wheelchairs



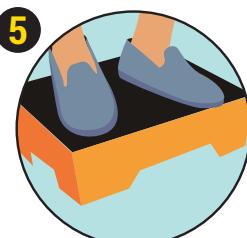
2 Seatbelts are securely fastened



3 Footplates are folded up and footrests swung away



4 Players' feet are on the ground or on step boards

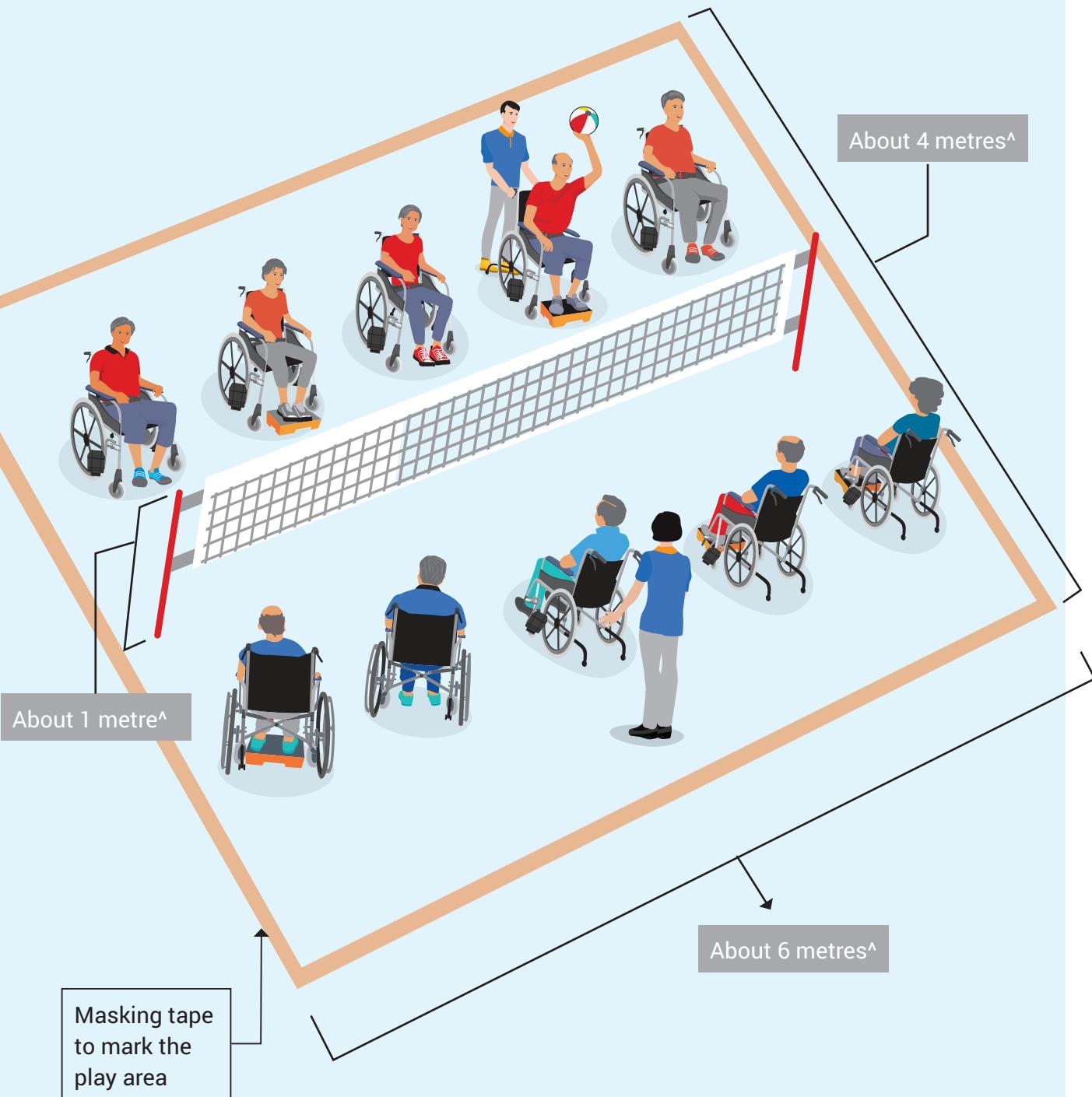


5 Step boards are set at the right height

## GAME SETUP



<sup>^</sup>Measurements provided are approximate and can be changed, depending on the needs of players and the space available.



## HAND POSITIONS - THROWS, CATCHES AND HITS

Throws



Catches

Hits



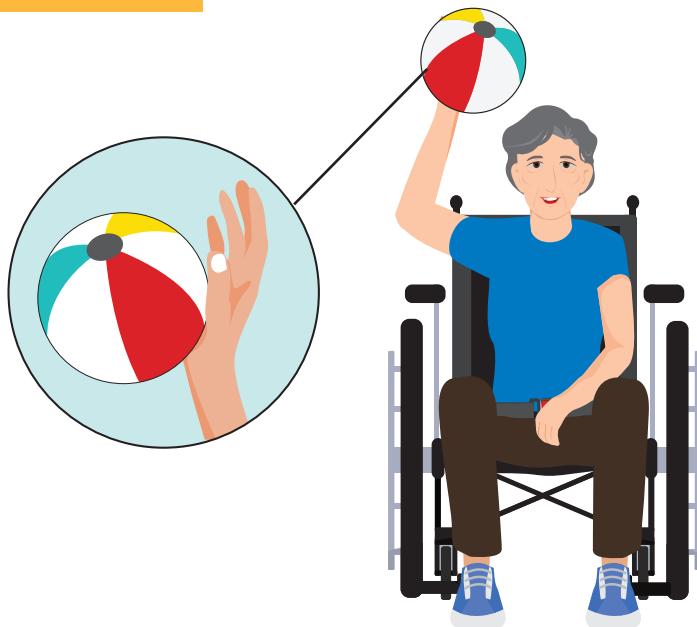
### TIPS!



*For suggestions on enhancing social interactions during the activity, refer to the facilitation tips on page 7.*

## HAND POSITIONS - THROWS, CATCHES AND HITS (CONTINUED)

### Hits (Continued)



## INSTRUCTIONS

### Prepare

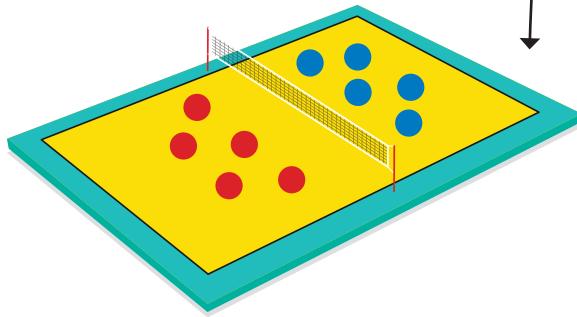
- Form 2 teams of 5 players.
- Toss a coin to determine which team starts off the game (e.g. red team is the starting team).

### Begin

- A red team player throws the ball over the net to the blue team.
- A blue team player catches the ball.
  - The ball is passed within the blue team a maximum of 3 times;
  - The ball is then passed over the net to the red team.
- Gameplay continues even if the ball touches the net.
- The team scores 1 point when the:
  - Ball lands on the opponent's side of the court;
  - Ball is passed more than 3 times within the opponent's team before it is hit over the net; or
  - Opponent does not hit the ball over the net;
  - Opponent hits the ball outside of the play area.
- The first team that scores 10 points wins.

## GRADE UP

- Group players with similar abilities together.
- Position players further away from the net.
- Increase the points needed to win (i.e. from 10 to 20 points).
- Allow fewer internal team passes before the ball is thrown back to the opponent (i.e. from 3 to 2 passes).
- Move the session outdoors to increase the range of potential distractions.
- Use alternative equipment (i.e. a soft volleyball instead of a soft inflatable beach ball) to quicken the game pace.



## GRADE DOWN

- Group players with similar abilities together.
- Decrease the points needed to win (i.e. from 10 to 5 points).
- Position players closer to the net.
- Increase or do not limit the number of internal team passes allowed before the ball is thrown back to the opponent (i.e. from 3 to 4 passes).
- Decrease the size of the play area.
- Arrange the players in two rows (i.e. 1 row of 3 players and 1 row of 2 players).
- Increase the number of players in each team (e.g. from 5 to 6 players).
- Simplify the game (i.e. practise throwing only or catching the ball only, over the net).
- Use alternative equipment (i.e. balloons instead of a soft inflatable beach ball) to slow down the game pace.

## NOTES

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# BADMINTON

## TIPS!

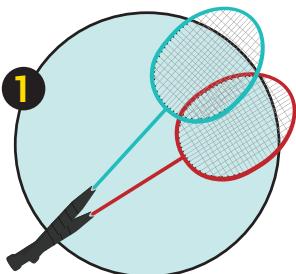


For approximate dimensions of equipment, refer to pages 111-126 (Overview of Adaptive Sports Equipment)

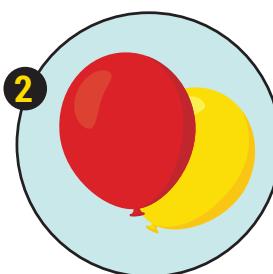


Team

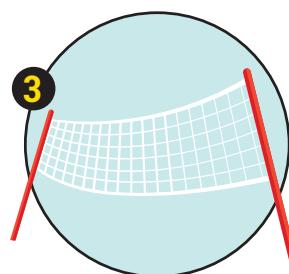
## EQUIPMENT



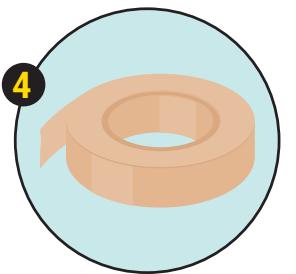
\* 8 badminton racquets  
(use lightweight racquets)



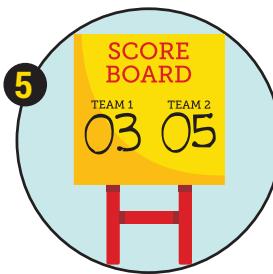
\* 1 thicker quality balloon  
(have extra balloons as spares, and choose thicker quality balloons with colours that contrast with the environment for greater visibility)



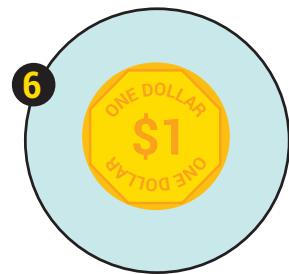
\* 1 badminton net  
(ensure this is safely installed/weighted down)



1 roll of masking tape  
(for marking the play area)



1 scoreboard



1 coin

## ALTERNATIVE EQUIPMENT (for equipment marked with \*)

- 8 toy badminton racquets
- 1 row of flag banner/barricade tape across 2 stacks of chairs (ensure this is safely installed/ weighted down)
- 1 shuttlecock (have extra shuttlecocks as spares)



Should balloons be used, ensure that players are not fearful of them.

## OBJECTIVE

Score the most points by hitting the balloons over the net.

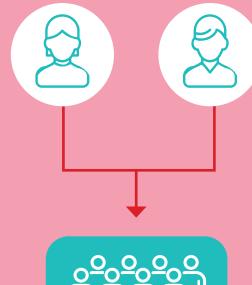
## SUITABLE FOR

Players who can

- Hold and swing a racquet safely on their own
- Maintain balance on a wheelchair while swinging the racquet
- Follow 2-step instructions

## GROUP SIZE

2 facilitators



8 players

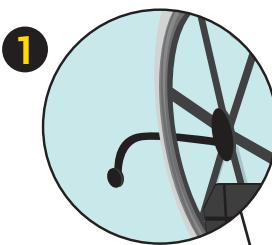
### SCORING

The team scores 1 point when the:

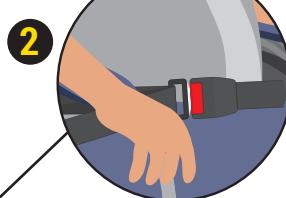
- Balloon lands on the opponent's side of the court;
- Balloon is passed more than 3 times within the opponent's team before it is hit over the net; or
- Opponent does not hit the balloon over the net;
- Opponent hits the balloon outside of the play area.

The first team that scores 10 points wins.

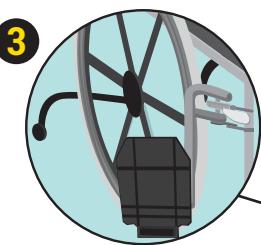
## WHEELCHAIR SAFETY CHECKLIST



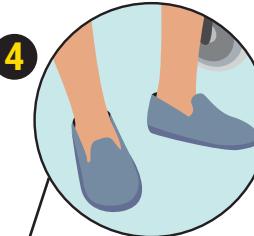
1  
Players are seated in anti-tip wheelchairs



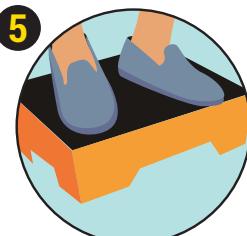
2  
Seatbelts are securely fastened



3  
Footplates are folded up and footrests swung away



4  
Players' feet are on the ground or on step boards



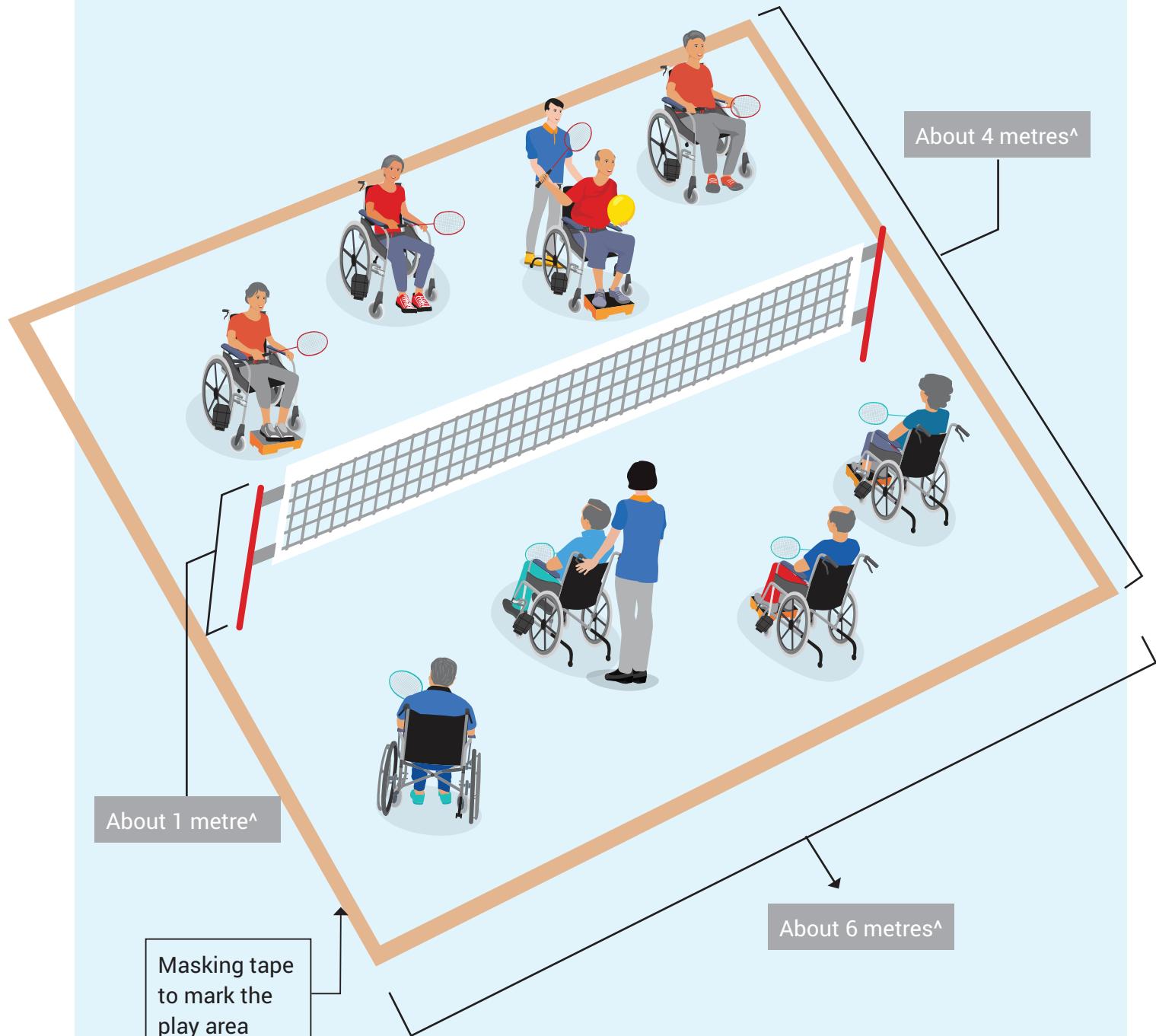
5  
Step boards are set at the right height

## GAME SETUP



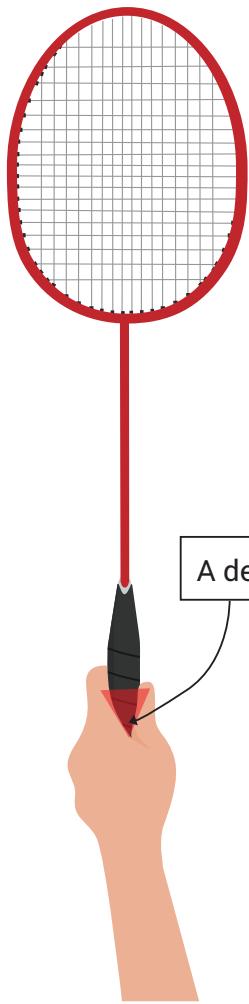
<sup>^</sup>Measurements provided are approximate and can be changed, depending on the needs of players and the space available.

**Positioning:** Stagger players and make sure that they are at a safe distance from each other. This is to ensure that they do not accidentally hit each other with their racquets.

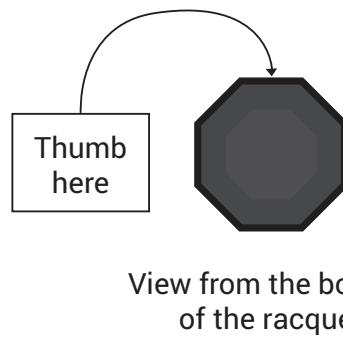
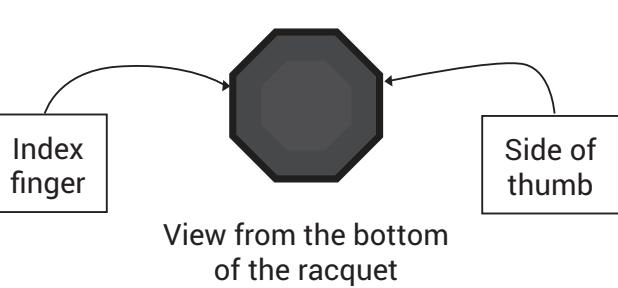
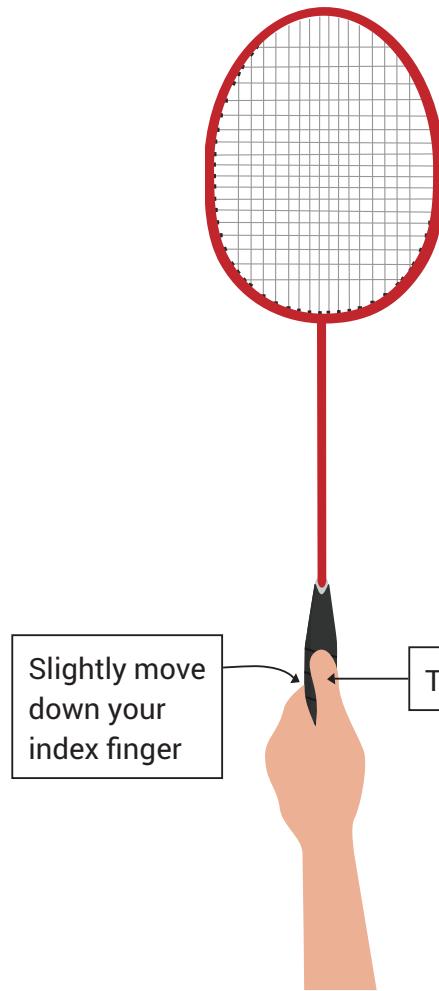


## TYPES OF GRIPS

Forehand grip



Backhand grip



### TIPS!



*Like shaking hands with the racquet*

### TIPS!



*Like a thumbs up sign*

## INSTRUCTIONS

### Prepare

- Form 2 teams of 4 players.
- Toss a coin to determine which team starts off the game (e.g. red team is the starting team).

### Begin

- A red team player serves the balloon over the net to the blue team.
- A blue team player hits the balloon.
  - The balloon is passed within the blue team a maximum of 3 times.
  - The balloon is then passed over the net to the red team.
- Gameplay continues even if the balloon touches the net.
- The team scores 1 point when the:
  - Balloon lands on the opponent's side of the court;
  - Opponent does not hit the balloon over the net;
  - Balloon is passed more than 3 times within the opponent's team before it is hit over the net; or
  - Opponent hits the balloon outside of the play area.
- The first team to score 10 points wins.

### TIPS!



*For suggestions on enhancing social interactions during the activity, refer to the facilitation tips on page 7.*

## NOTES

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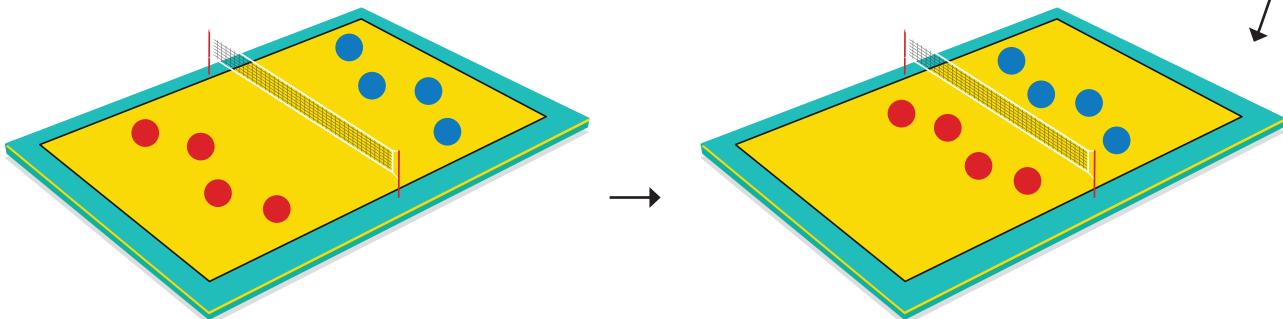
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## GRADE UP

- Group players with similar abilities together.
- Position players at the corners of the court to enlarge the play area.
- Position players further away from the net.
- Increase the number of points needed to win (e.g. from 10 to 20 points).
- Allow fewer internal team passes before the balloon is sent back to the opponent (i.e. from 3 to 2 passes).
- Use shuttlecocks instead of balloons to quicken the game pace.

## GRADE DOWN

- Group players with similar abilities together.
- Position players at the middle of the court to have a smaller play area.
- Position players closer to the net.
- Increase the number of players on each team (e.g. from 4 to 5 players).
- Decrease the number of points needed to win (e.g. 10 to 5 points).
- Increase or do not limit the number of internal team passes before the balloon is sent back over the net to the opponent (i.e. from 3 to 4 passes).



*Move players closer to the net*

## NOTES

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# BASKETBALL

## TIPS!



For approximate dimensions of equipment, refer to pages 111-126 (Overview of Adaptive Sports Equipment)

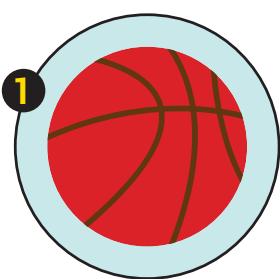


Individual

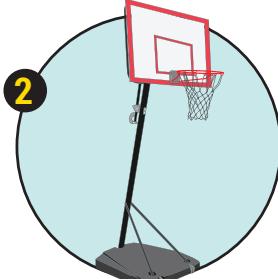


Team

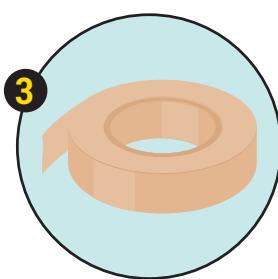
## EQUIPMENT



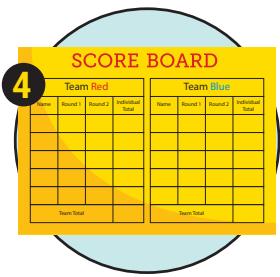
\* 1 small rubber basketball  
(have extra basketballs as spares, and ensure that it fits into the hoop)



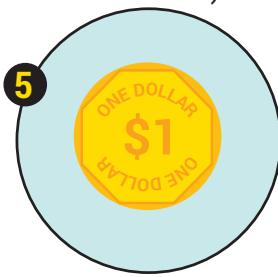
\* 1 adjustable basketball hoop  
(ensure this is safely installed on the wall or weighted down on a stand)



1 roll of masking tape  
(for marking various distances on the ground)



1 scoreboard



1 coin

## ALTERNATIVE EQUIPMENT

(for equipment marked with \*)

- 1 lightweight ball, beanbag or foam basketball (ensure that they fit into the hoop)
- 1 hula hoop secured to the back of a chair – height of the hoop can be modified by stacking up more/less chairs (ensure these are safely installed/weighted down); or
- 1 large laundry basket tied to a wall ladder; or
- Mark an area on a wall with masking tape



## OBJECTIVE

Score the most points by landing the ball in the hoop from various distances.

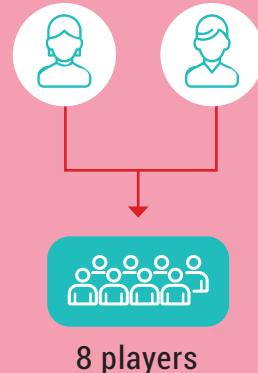
## SUITABLE FOR

Players who can

- Catch and throw a ball safely forward on their own
- Maintain balance on a wheelchair when throwing a ball
- Follow 2-step instructions

## GROUP SIZE

2 facilitators



### SCORING

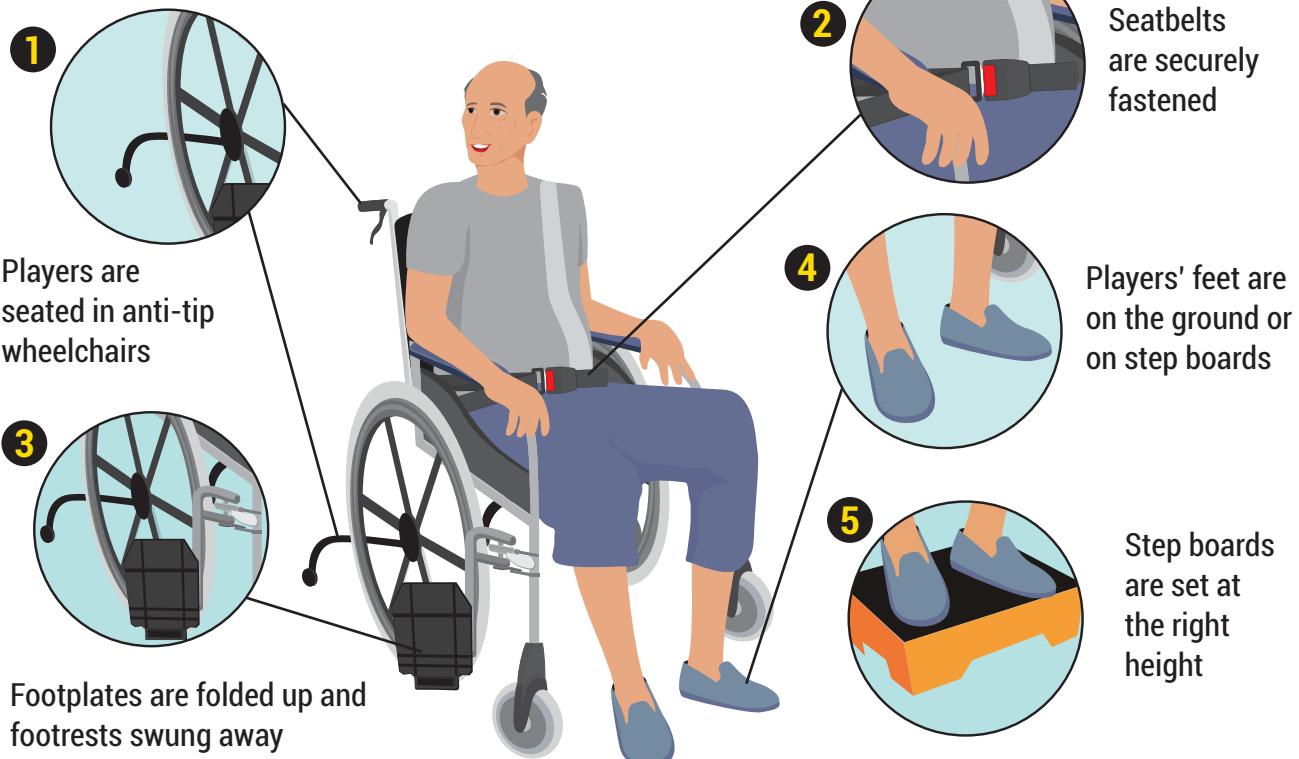
Players score points if the ball lands in the hoop.

Points awarded for landing the ball in the hoop depend on the distance between the player and the hoop:

- 1 point: about 1.5 metres <sup>^</sup>	- 2 points: about 2 metres <sup>^</sup>	- 3 points: about 2.5 metres <sup>^</sup> .
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The individual/team with the most points wins.

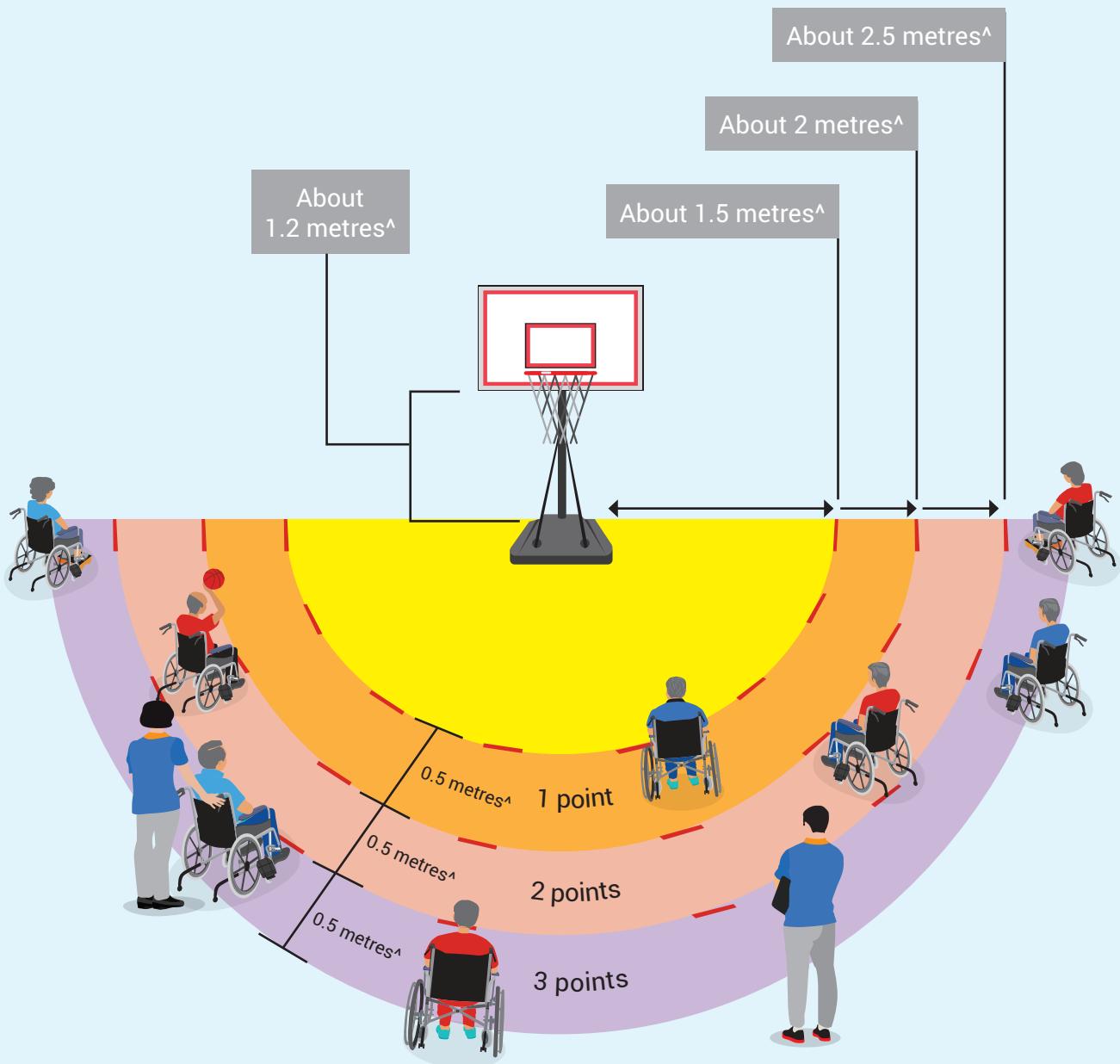
## WHEELCHAIR SAFETY CHECKLIST



## GAME SETUP



<sup>^</sup>Measurements provided are approximate and can be changed, depending on the needs of players and the space available.



### TIPS!



For suggestions on how to use a distance marking string to set up the play area, refer to the preparation tips on page 8.

## HAND POSITIONS - THROWS

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**TIPS!**

*For suggestions on enhancing social interactions during the activity, refer to the facilitation tips on page 7.*

## NOTES

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## INSTRUCTIONS

### Prepare

- Position 8 players in a semicircle.
- Assign a number to each player from 1 to 8.
- Each player chooses a position (e.g. at the 2-metre mark) with the hoop in sight.

### Begin

- Facilitator calls out a random number and passes the ball to the player with that number.
- This player throws the ball into the hoop.
- Players can choose a new position after each throw.
- Facilitator calls out different numbers, to ensure that all players have a chance to participate. Each number is called 3 times.
- Players score points based on their chosen position: the further the position, the higher the points if the ball lands in the hoop (refer to Game Setup on page 51).
- Points awarded for landing the ball in the hoop depend on the distance between players and the hoop:
  - 1 point: about 1.5 metres
  - 2 points: about 2 metres
  - 3 points: about 2.5 metres.
- The player with the most points wins.

### VARIATIONS:

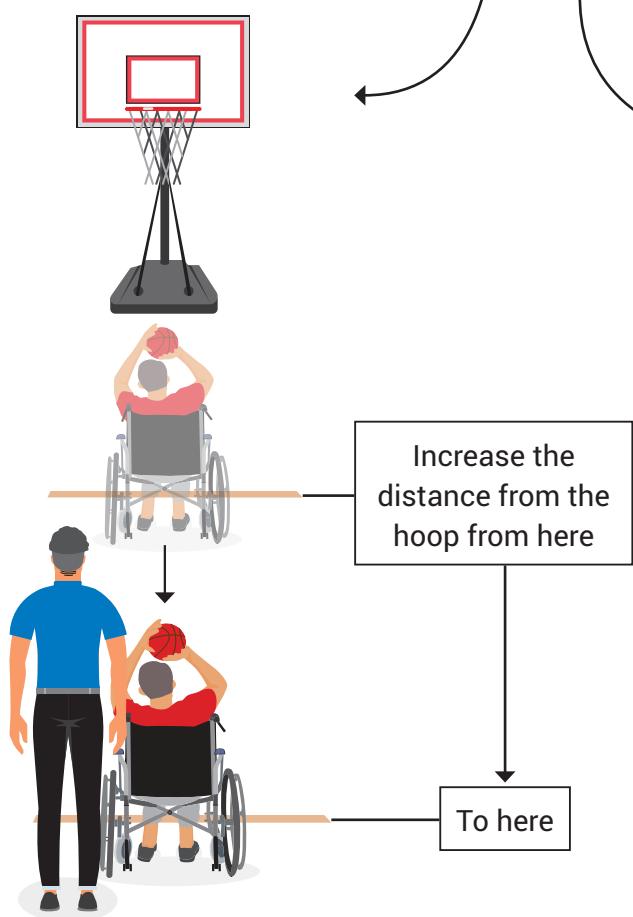


#### TEAM SPORT FORMAT

- Form teams with an equal number of players.
- Alternate players from different teams in a semicircle based on their preferred position (e.g. at the 2-metre mark).
- Toss a coin to determine which team starts off the game (e.g. red team is the starting team).
- A red team player starts by throwing the ball into the hoop.
- A blue team player will then throw the ball into the hoop.
- Players can choose a new position after each throw.
- Each player has 3 chances to throw the ball into the hoop.
- Add up the points scored after everyone in each team has participated.
- The team with the most points wins.

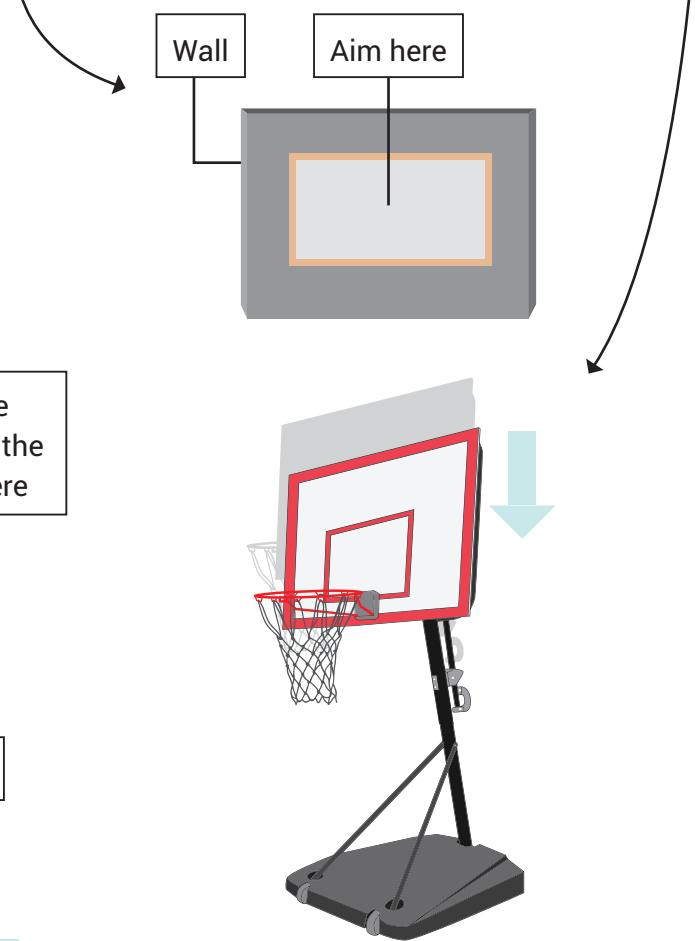
## GRADE UP

- Group players with similar abilities together.
- Increase the hoop height (e.g. from 1.2 to 1.5 metres).
- Increase the distance between players and the hoop (e.g. from 2 to 2.5 metres).
- Have players bounce the ball 3 times before throwing it through the hoop.
- Move the session outdoors to increase the range of potential distractions.



## GRADE DOWN

- Group players with similar abilities together.
- Decrease the hoop height (e.g. from 1.2 to 1 metre).
- Decrease the distance between players and the hoop (e.g. from 2 to 1.5 metres).
- Use alternative equipment such as smaller and lighter balls.
- Increase the target size (e.g. from the hoop to an area marked on a wall).
- Move to a small, bare location to minimise distractions.



Ensure players' wheelchairs are held down by the facilitators so that players do not accidentally tip forward while bouncing the ball.

# BOCCIA

## TIPS!



For approximate dimensions of equipment, refer to pages 111-126 (Overview of Adaptive Sports Equipment)



Individual

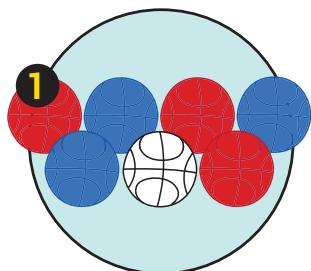


Team

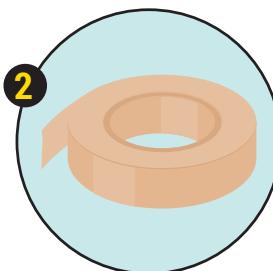


Scan this with a QR code reader or visit <https://for.sg/aic-fitfun-boccia> to watch an instructional video.

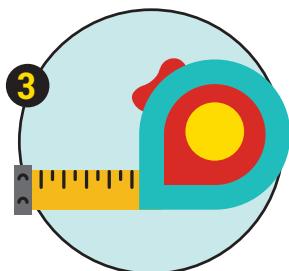
## EQUIPMENT



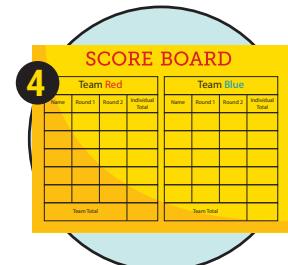
\* 1 set of boccia balls  
(6 red, 6 blue and 1 white,  
the "jack")



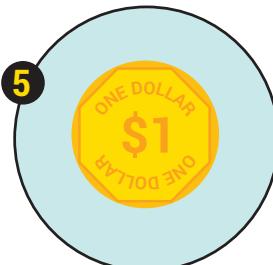
1 roll of masking tape  
(to mark the play area)



1 roll of measuring tape  
(to measure the play area/  
distance between the  
boccia balls)



1 scoreboard

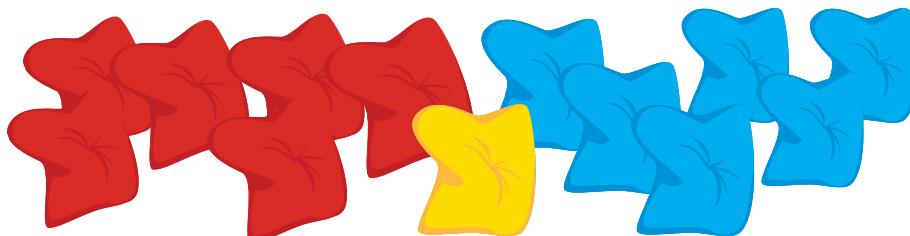


1 coin

## ALTERNATIVE EQUIPMENT

(for equipment marked with \*)

- 1 set of beanbags (2 sets of 6 beanbags of the same colour and 1 unique colour as the "jack")



This activity can be an alternative for players who enjoy "Ten-Pin Bowling" on page 63.

## OBJECTIVE

Score the most points by throwing boccia balls as close as possible to the “jack” (white coloured ball).

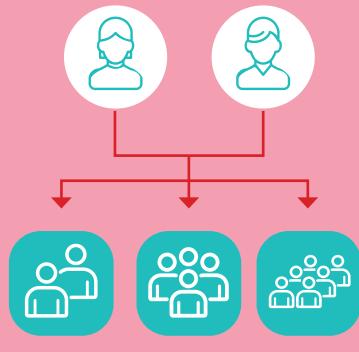
## SUITABLE FOR

Players who can

- Throw a boccia ball safely forward on their own
- Maintain balance on a wheelchair while throwing a boccia ball
- Follow 2-step instructions

## GROUP SIZE

2 facilitators



### SCORING

Players score points by throwing the boccia ball as close as possible to the “jack”, knocking the opponent’s ball away or blocking the opponent’s ball from getting close to the “jack”.

- 2 points are awarded to the individual/team if:
  - The ball is the closest to the “jack”  
(if the balls are the same distance away from the “jack”, the player with the most coloured balls that are closest to the “jack” wins); or
  - The opponent throws or knocks the “jack” out of the play area.
- 1 point is awarded to the other player.

The individual/team with the most points wins.

## NOTES

## WHEELCHAIR SAFETY CHECKLIST



## NOTES

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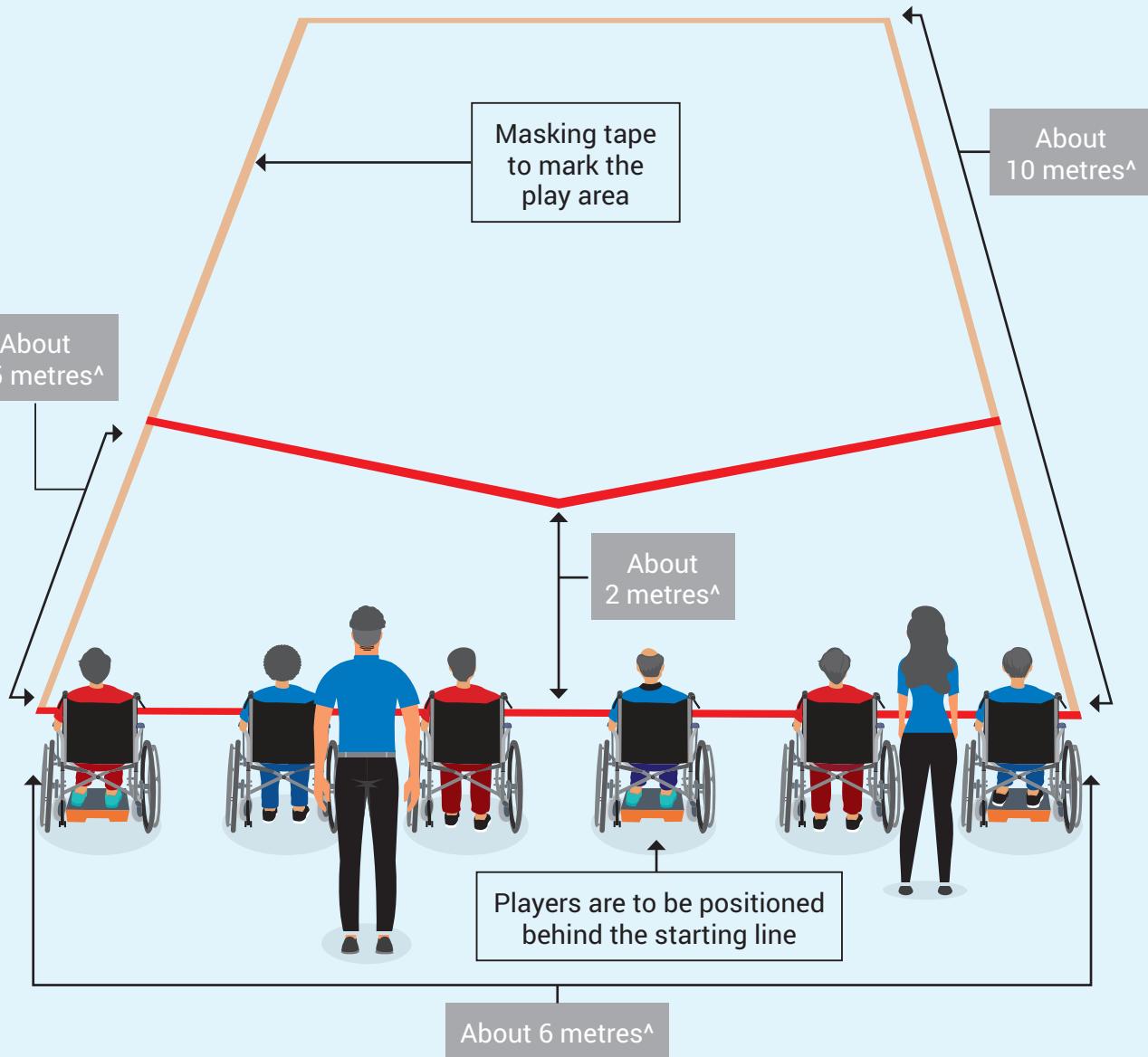
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## GAME SETUP



<sup>^</sup>Measurements provided are approximate and can be changed, depending on the needs of players and the space available.

Ensure that no one is within the play area during the game.



Area of play<sup>^</sup>  
10 metres by 6 metres

The sharp end of the "V" line is about 2 metres<sup>^</sup> from the starting line.  
The 2 corners of the "V" line are about 2.5 metres<sup>^</sup> from the starting line.

The minimum lines to mark out are shown in red.

## TYPES OF THROWS

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Underhand (side/between the legs) .....



Overhand .....



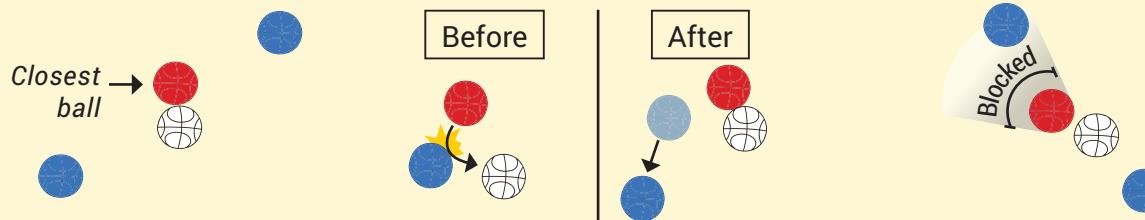
## INSTRUCTIONS

### Prepare

- Toss a coin to determine which player/team starts off the game (e.g. red player/team is the starting player/team).
- Provide each player/team 1 set of coloured balls (i.e. either red or blue balls).

### Begin

- The red player starts by throwing the “jack” beyond the “V” line and then throws the first red ball as close as possible towards the “jack”. The blue player then throws the blue ball towards the “jack”.
- If the first red player is unable to throw the “jack” beyond the “V” line, a blue team player gets to throw the “jack” beyond the “V” line and then throws the first blue ball as close as possible towards the “jack”.
- Players take turns to throw one ball at a time, until all the balls are thrown.
- To win the game, players must:
  - Throw their ball as close to the “jack” as possible;
  - Knock the opponent’s ball away; and/or
  - Block the opponent’s ball from getting close to the “jack”.



*Throw their ball as close to the “jack” as possible*

*Knock the opponent’s ball away*

*Block the opponent’s ball from getting close to the “jack”*

- Points are tallied.
  - 2 points are awarded to the player if:
    - The ball is the closest to the “jack” (if the balls are the same distance away from the “jack”, the player with the most coloured balls that are closest to the “jack” wins); or
    - The opponent throws or knocks the “jack” out of the play area.
  - 1 point is awarded to the other player.
- Any ball thrown outside the play area will not be considered.
- The player with the most points wins.
- The opponent will start the next game by throwing the “jack”.

## INSTRUCTIONS (CONTINUED)

### VARIATIONS:



#### TEAM SPORT FORMAT

- Form teams with an equal number of players.
- Position players according to the game setup (alternate players from the red and blue teams). Players from each team take turns to throw the balls.
- Provide each team 1 set of coloured balls (i.e. either red or blue balls). Each player should receive the same number of balls (e.g. 2 red balls x 3 players = 6 red balls for the team).
- A red team player starts by throwing the “jack” beyond the “V” line and throws the first red ball as close as possible towards the “jack”. A blue team player then throws the blue ball towards the “jack”.
- If the first red team player is unable to throw the “jack” beyond the “V” line, a blue team player gets to throw the “jack” beyond the “V” line and then throws the first blue ball as close as possible towards the “jack”.
- Players take turns to throw one ball at a time, until all the balls are thrown.
- Points are tallied.
  - 2 points are awarded to the team if:
    - The ball is the closest to the “jack”  
(if the balls are the same distance away from “jack”, the team with the most coloured balls that are closest to the “jack” wins); or
    - The opponent throws or knocks the “jack” out of the play area.
  - 1 point is awarded to the other team.
- Any ball thrown outside the play area will not be considered.
- The team with the most points wins.
- The opponent will start the next game by throwing the “jack”.

### TIPS!



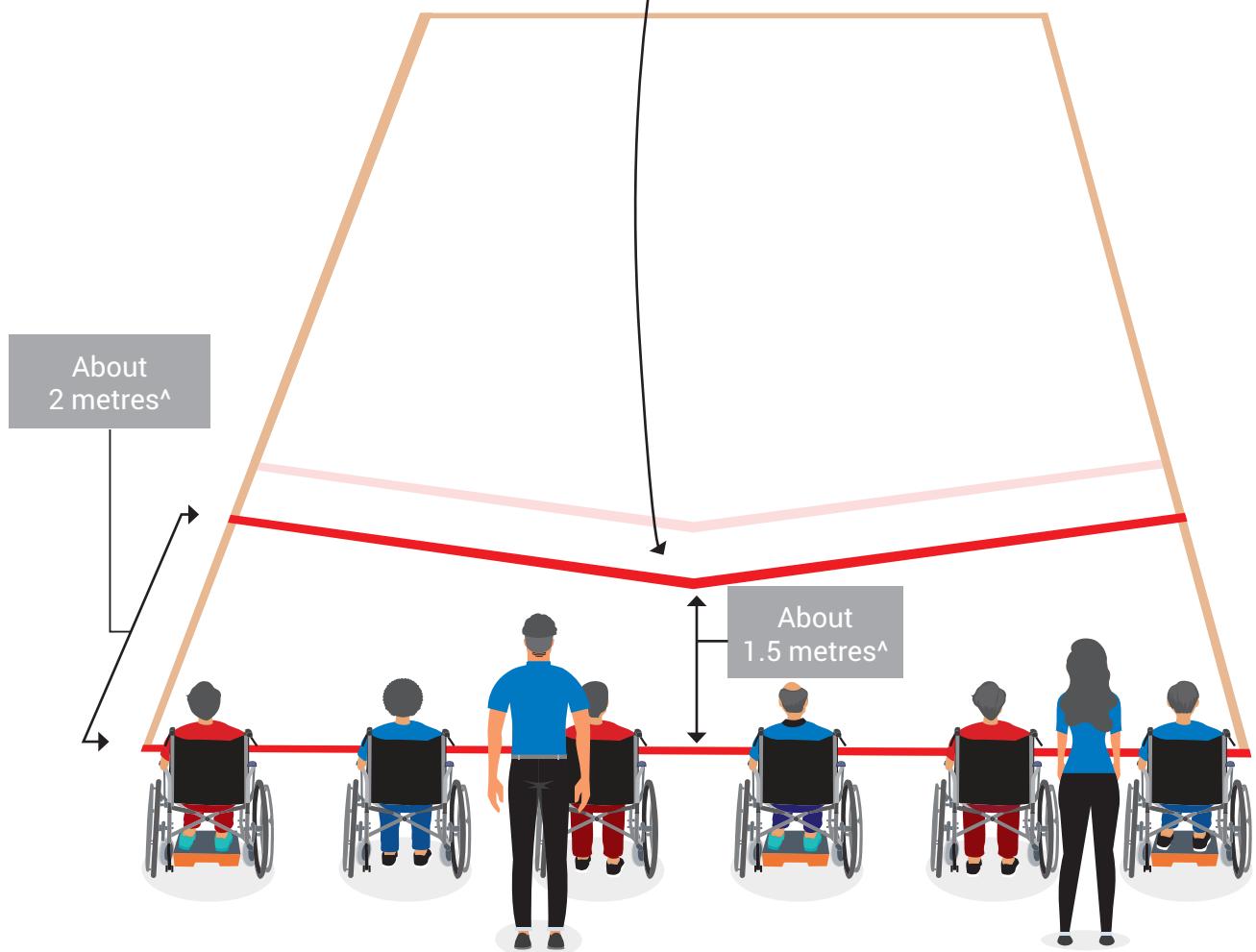
*For suggestions on enhancing social interactions during the activity, refer to the facilitation tips on page 7.*

## GRADE UP

- Group players with similar abilities together.
- Increase the distance from the sharp end of the “V” to the starting line (e.g. from 2 to 2.5 metres) and increase the distance from the corner of the “V” to the starting line (e.g. from 2.5 to 3 metres).
- Increase the number of rounds (e.g. from 1 to 3 rounds) before determining the winner.

## GRADE DOWN

- Group players with similar abilities together.
- Provide players who have difficulty aiming extra chances to throw by decreasing the number of players in each team (e.g. from 3 to 2 players per team).
- Decrease the distance from the sharp end of the “V” to the starting line (e.g. from 2 to 1.5 metres) and decrease the distance from the corner of the “V” to the starting line (e.g. from 2.5 to 2 metres).



# TEN-PIN BOWLING

## TIPS!



For approximate dimensions of equipment, refer to pages 111-126 (Overview of Adaptive Sports Equipment)

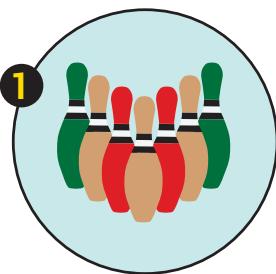


Individual

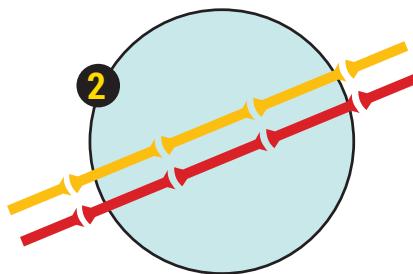


Team

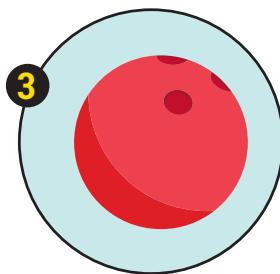
## EQUIPMENT



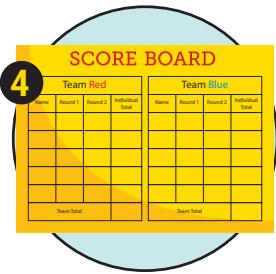
\* 20 bowling pins  
(2 sets of 10 bowling pins)



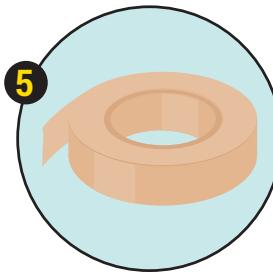
\* 4 bamboo poles  
(for marking out the bowling alley) (choose colours that contrast with the environment for greater visibility and ensure these are safely taped to the floor)



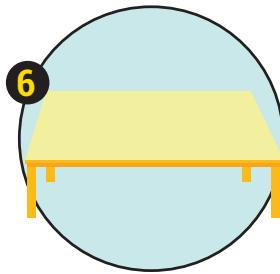
\* 4 bowling balls  
(estimated 500 grams per ball)



1 scoreboard



1 roll of masking tape  
(to mark the play area)



1 table  
(for players who are unable to roll the ball on the floor)  
(optional)

## ALTERNATIVE EQUIPMENT

(for equipment marked with \*)

- 20 plastic bottles (500 millilitres each) half-filled with sand or water
- 4 balls (estimated 500 grams per ball)/weighted medicine balls (450 grams) without gripping holes
- 4 PVC pipes (choose colours that contrast with the environment for greater visibility and ensure these are safely taped to the floor)



This activity can be an alternative for players who enjoy "Boccia" on page 55.

## OBJECTIVE

Score the most points by striking down the pins with a bowling ball.

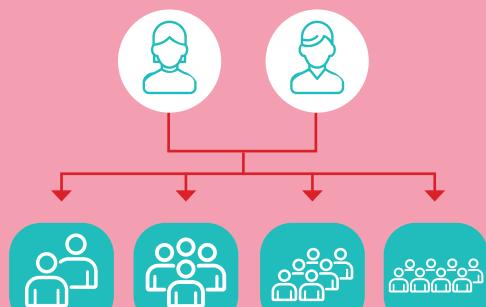
## SUITABLE FOR

Players who can

- Grip and roll a ball safely forward on their own
- Maintain balance on a wheelchair while rolling the ball
- Follow 2-step instructions

## GROUP SIZE

2 facilitators



2/4/6/8 players

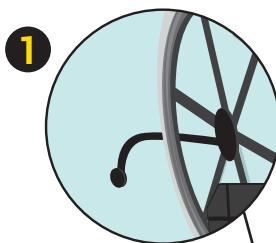
### SCORING

Players score points by striking pins down with a ball.

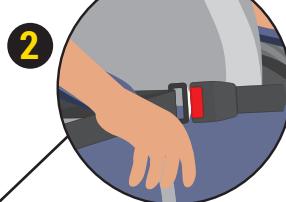
- 1 point is awarded for every pin that is struck down.
- 5 bonus points are awarded (i.e.  $10+5=15$  points in total) if a player manages to strike all the pins down with their first throw.

The individual/team with the most points wins.

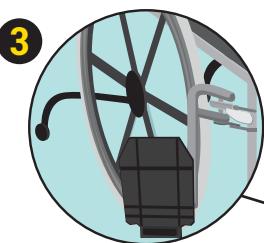
## WHEELCHAIR SAFETY CHECKLIST



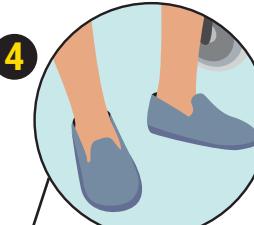
Players are seated in anti-tip wheelchairs



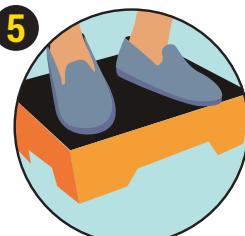
Seatbelts are securely fastened



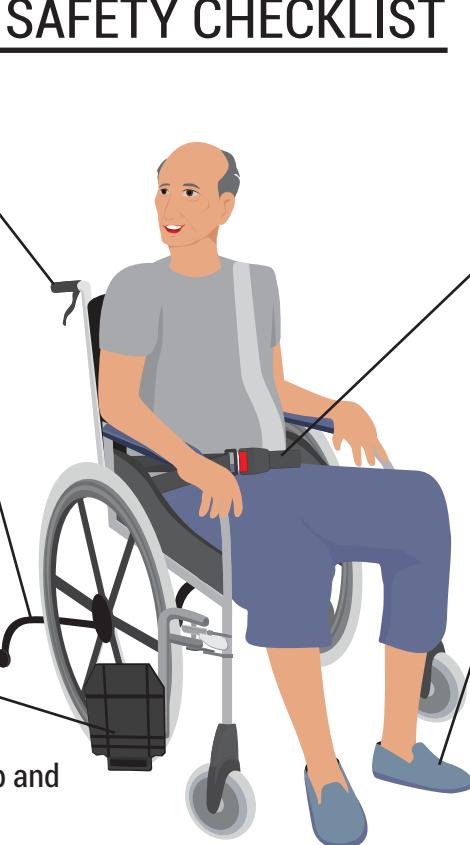
Footplates are folded up and footrests swung away



Players' feet are on the ground or on step boards



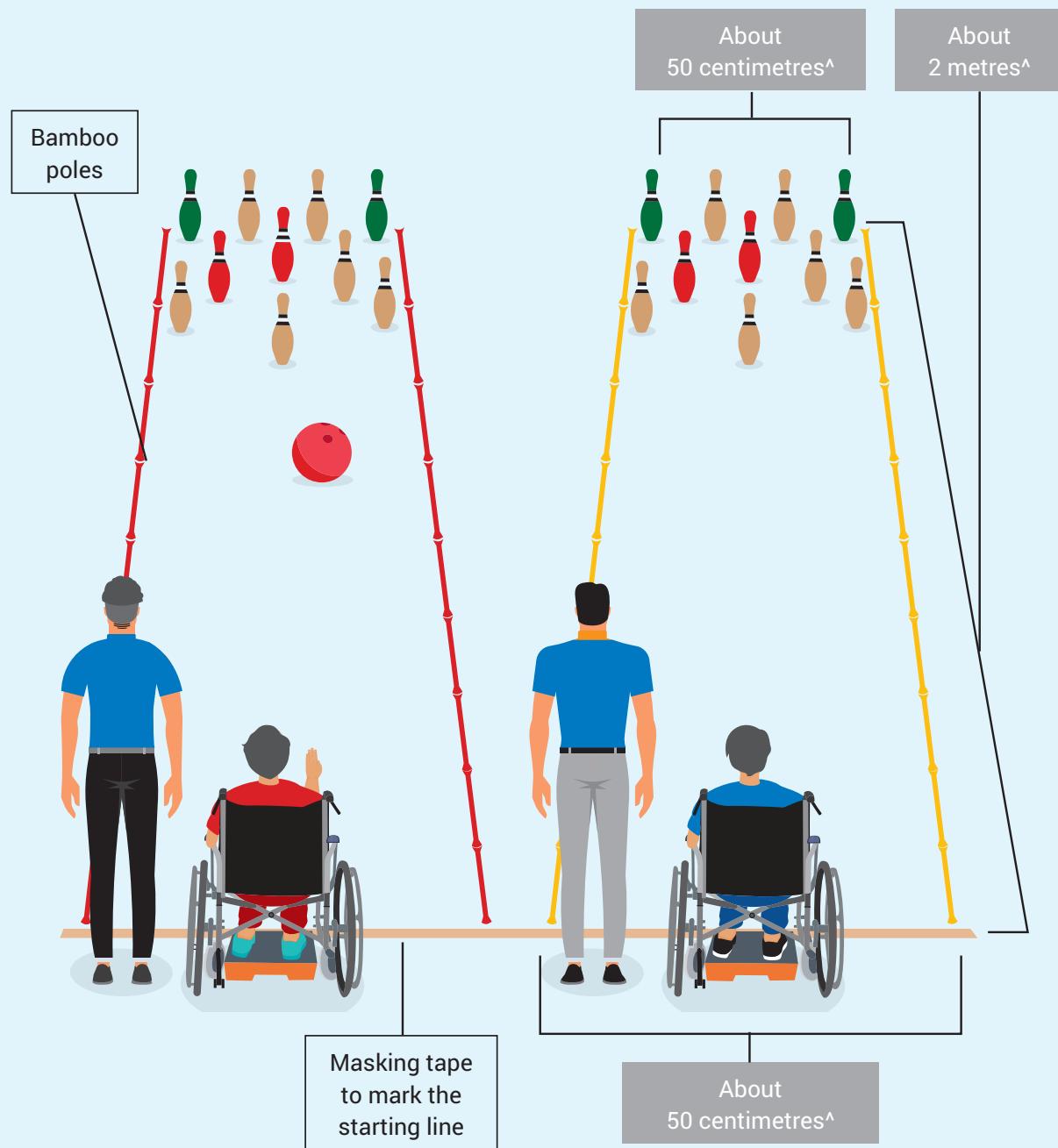
Step boards are set at the right height



## GAME SETUP

Set up a minimum of 2 stations to as many stations as your manpower/equipment/space allows.

Be creative about arranging the positions of the bowling pins. It does not need to follow the usual bowling format. Ensure that the pattern is similar for competing players.



<sup>^</sup>Measurements provided are approximate and can be changed, depending on the needs of players and the space available.

## INSTRUCTIONS

### Prepare

- Provide each player with 2 bowling balls.

### Begin

- Each player has 2 chances to roll the balls towards the pins.
- Players score points by striking the pins down with a ball.
  - 1 point is awarded for every pin that is struck.
  - 5 bonus points are awarded (i.e.  $10+5=15$  points in total) if a player manages to strike all the pins down with their first throw.
- The player with the most points wins.

### VARIATIONS:



#### TEAM SPORT FORMAT

- Form teams with an equal number of players.
- Provide each team player with 2 bowling balls.
- Players score points by striking pins down with a ball.
  - 1 point is awarded for every pin that is struck.
  - 5 bonus points are awarded (i.e.  $10+5=15$  points in total) if a player manages to strike all the pins down with their first throw.
- Add up the points scored after everyone in each team has participated.
- The team with the most points wins.

### TIPS!

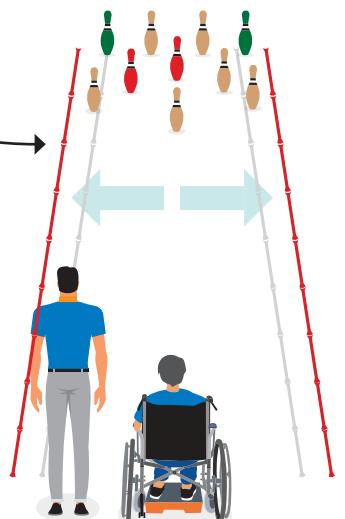


For suggestions on enhancing social interactions during the activity, refer to the facilitation tips on page 7.

## NOTES

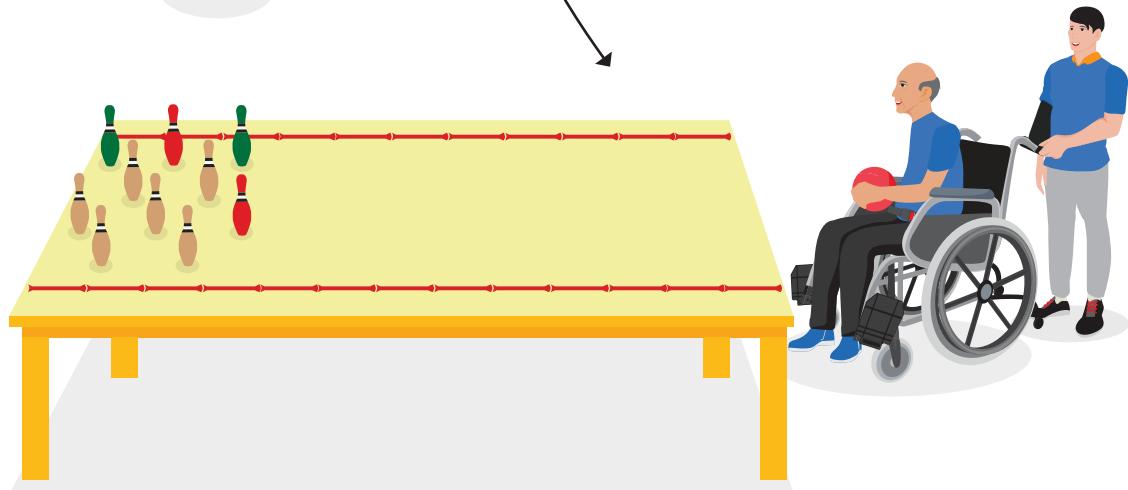
## GRADE UP

- Group players with similar abilities together.
- Increase the lane width (e.g. from 50 to 75 centimetres).
- Position the bowling pins further apart.



## GRADE DOWN

- Group players with similar abilities together.
- Decrease the lane length (e.g. from 2 to 1.5 metres).
- Increase the size of ball (e.g. from a bowling ball to a basketball).
- Move the bowling alley and play on the table instead.
- Position the bowling pins closer together.
- Move to a small, bare location to minimise distractions.



## NOTES

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## NOTES

# DARTS

## TIPS!



For approximate dimensions of equipment, refer to pages 111-126 (Overview of Adaptive Sports Equipment)

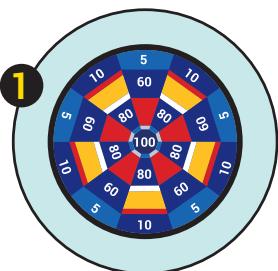


Individual

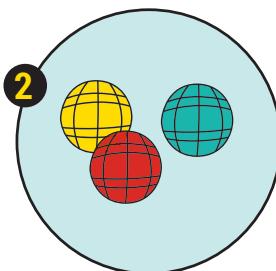


Team

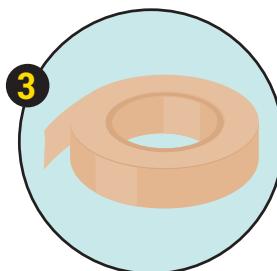
## EQUIPMENT



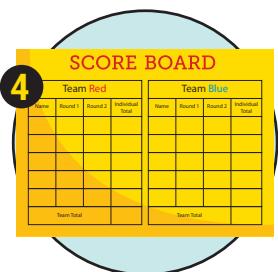
\* 1 velcro dart board  
(ensure this is safely installed on the wall or on a stand)



\* 3 velcro balls  
(ensure that the velcro balls adhere well to the target)



1 roll of masking tape  
(for marking the play area)



1 scoreboard



1 coin

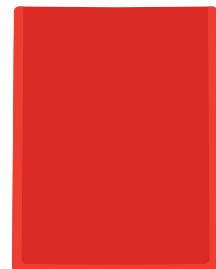
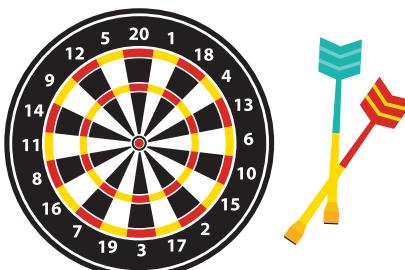


Use the scoring system available on the target.

## ALTERNATIVE EQUIPMENT

(for equipment marked with \*)

- 1 piece of felt fabric  
(ensure that the velcro balls adhere well to the felt)
- 1 magnetic dart board with 3 darts



This activity can be an alternative for players who enjoy "Javelin" on page 81.

## OBJECTIVE

Score the most points by landing velcro balls (darts) on a target.

## SUITABLE FOR

Players who can

- Throw velcro balls safely forward on their own
- Maintain balance on a wheelchair while throwing velcro balls
- Follow 2-step instructions

## GROUP SIZE

1 facilitator



4 players

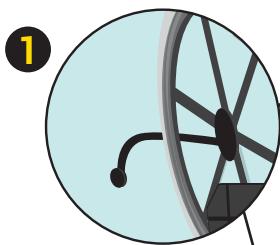


## SCORING

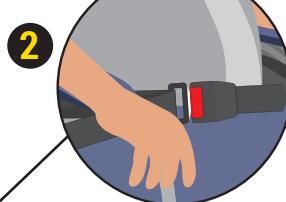
Players score points based on where their velcro ball lands on the dart board.

The individual/team with the most points wins.

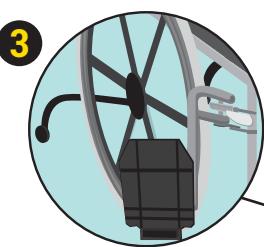
## WHEELCHAIR SAFETY CHECKLIST



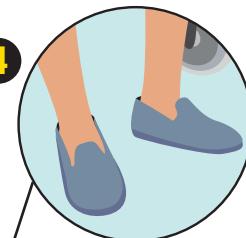
1  
Players are seated in anti-tip wheelchairs



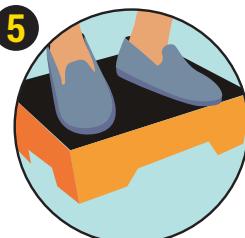
2  
Seatbelts are securely fastened



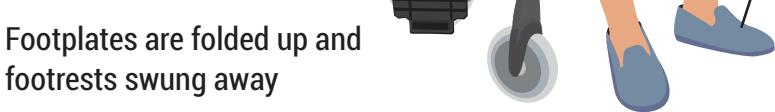
3  
Footplates are folded up and footrests swung away



4  
Players' feet are on the ground or on step boards



5  
Step boards are set at the right height

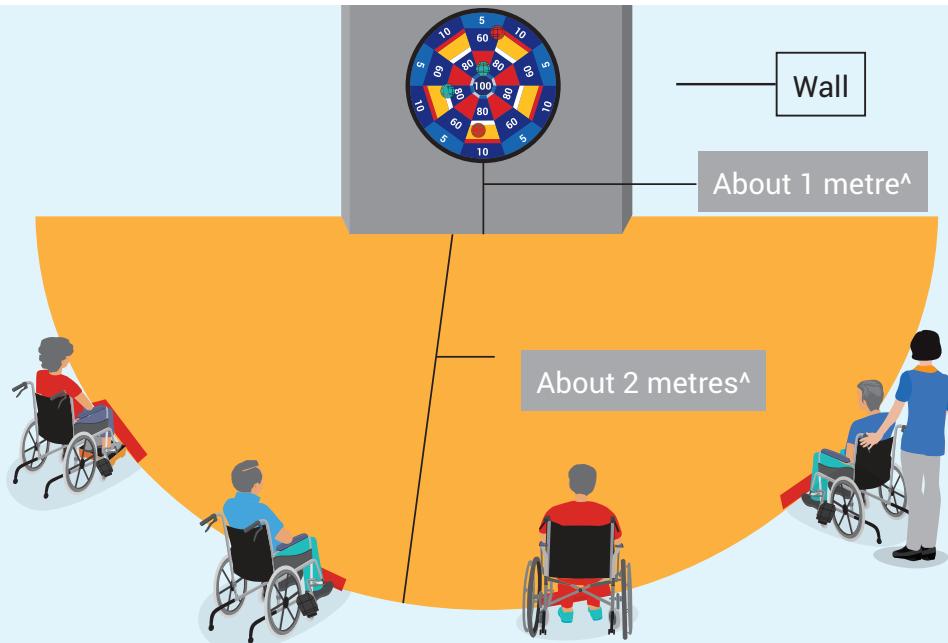


## GAME SETUP



<sup>^</sup>Measurements provided are approximate and can be changed, depending on the needs of players and the space available.

For suggestions on alternative game setup and scoring for this activity, refer to "Disc Golf" on page 75 or "Basketball" on page 49.



### TIPS!



For suggestions on how to use a distance marking string to set up the play area, refer to the preparation tips on page 8.

## HAND POSITIONS

Overhand



Underhand



## INSTRUCTIONS

### Prepare

- Position 4 players in a semicircle.

### Begin

- Each player has 3 chances to throw the velcro balls towards the target.
- Players take turns to throw the velcro balls.
- Players score points based on where their ball lands.
- Take note of the scores each round and add up the points scored from the 3 throws.
- The player with the most points wins.

### TIPS!



*For suggestions on enhancing social interactions during the activity, refer to the facilitation tips on page 7.*

### VARIATIONS:



#### TEAM SPORT FORMAT

- Form teams with an equal number of players.
- Toss a coin to determine which team starts off the game (e.g. red team is the starting team).
- Players from each team take turns to throw the velcro balls.
- A red player starts by throwing 3 red velcro balls towards the target, one at a time. Facilitator takes note of the points scored and removes the velcro balls from the target after each player completes their 3 throws.
- A blue player will then throw 3 blue velcro balls towards the target, one at a time.
- Players score points based on where their ball lands.
- Add up the points scored after everyone in each team has participated.
- The team with the most points wins.

## NOTES

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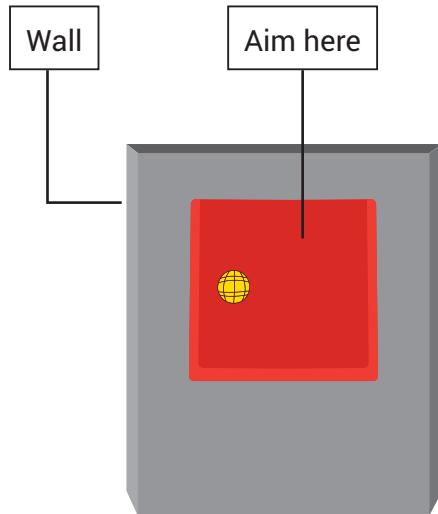
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## GRADE UP

- Group players with similar abilities together.
- Increase the number of rounds (e.g. from 1 round to 3 rounds of 3 throws).
- Invite players to use their weaker arm to throw the ball.



## GRADE DOWN

- Group players with similar abilities together.
- Provide players who have difficulty aiming extra chances to throw (e.g. from 3 to 5 throws).
- Decrease the distance between players and the target (e.g. from 2 to 1.8 metres).
- Omit the tiered point system and award all balls that hit the target the same score (e.g. 10 points).
- Increase the target size (e.g. change the target to a felt cloth mounted on the wall. 10 points can be awarded when the velcro ball hits the felt cloth).
- Move to a small, bare location to minimise distractions.

## NOTES

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## NOTES

# DISC GOLF

## TIPS!



For approximate dimensions of equipment, refer to pages 111-126 (Overview of Adaptive Sports Equipment)



Individual

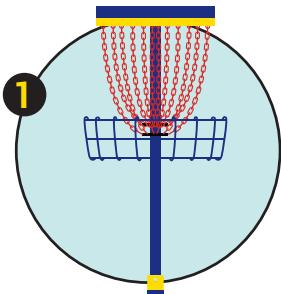


Team

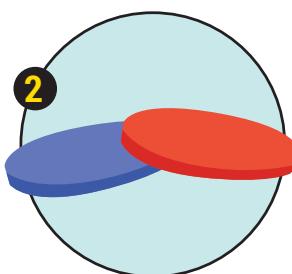


Scan this with a QR code reader or visit <https://for.sg/aic-fitfun-discgolf> to watch an instructional video.

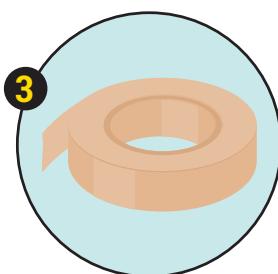
## EQUIPMENT



\* 1 disc golf basket  
(ensure this is safely installed/weighted down)



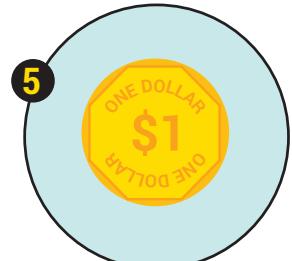
\* 6 foam discs  
(3 of each color)



1 roll of masking tape  
(to mark the play area)



1 scoreboard



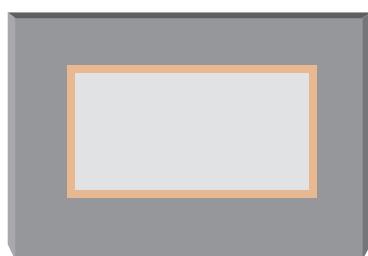
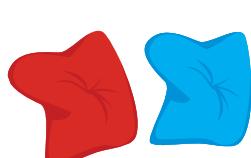
1 coin



^Measurements provided are approximate and can be changed, depending on the needs of players and the space available.

## ALTERNATIVE EQUIPMENT (for equipment marked with \*)

- 1 frisbee target net or mark an area on a wall with masking tape
- 6 discs/frisbees/bean bags



Ensure that the equipment is in good working order and the target is securely fastened before the session begins.

## OBJECTIVE

Score the most points by landing the discs in a basket from various distances.

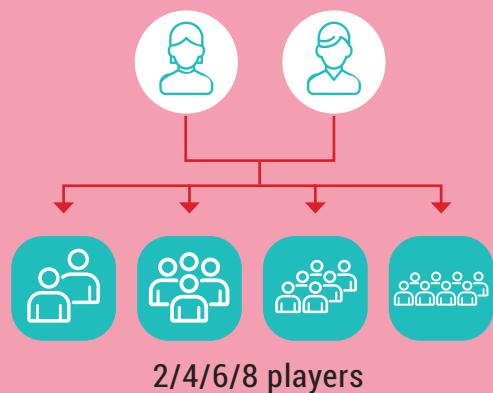
## SUITABLE FOR

Players who can

- Throw a disc safely forward on their own
- Maintain balance on a wheelchair while throwing a disc
- Follow 2-step instructions

## GROUP SIZE

2 facilitators



2/4/6/8 players

## SCORING

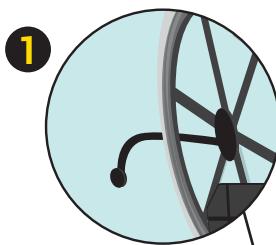
Players score points if their disc lands in the basket.

Points awarded for landing the disc in the basket depend on the distance between players and the basket:

- 1 point: about 2 metres <sup>^</sup>	- 2 points: about 2.5metres <sup>^</sup>	- 3 points: about 3 metres <sup>^</sup>	- 4 points: about 3.5 metres <sup>^</sup>	- 5 points: about 4 metres <sup>^</sup>
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The individual/team with the most points wins.

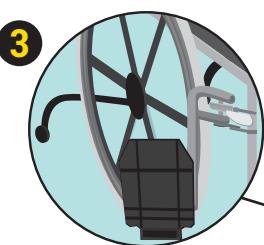
## WHEELCHAIR SAFETY CHECKLIST



Players are seated in anti-tip wheelchairs



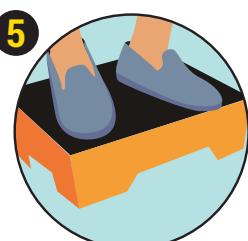
Seatbelts are securely fastened



Footplates are folded up and footrests swung away



Players' feet are on the ground or on step boards

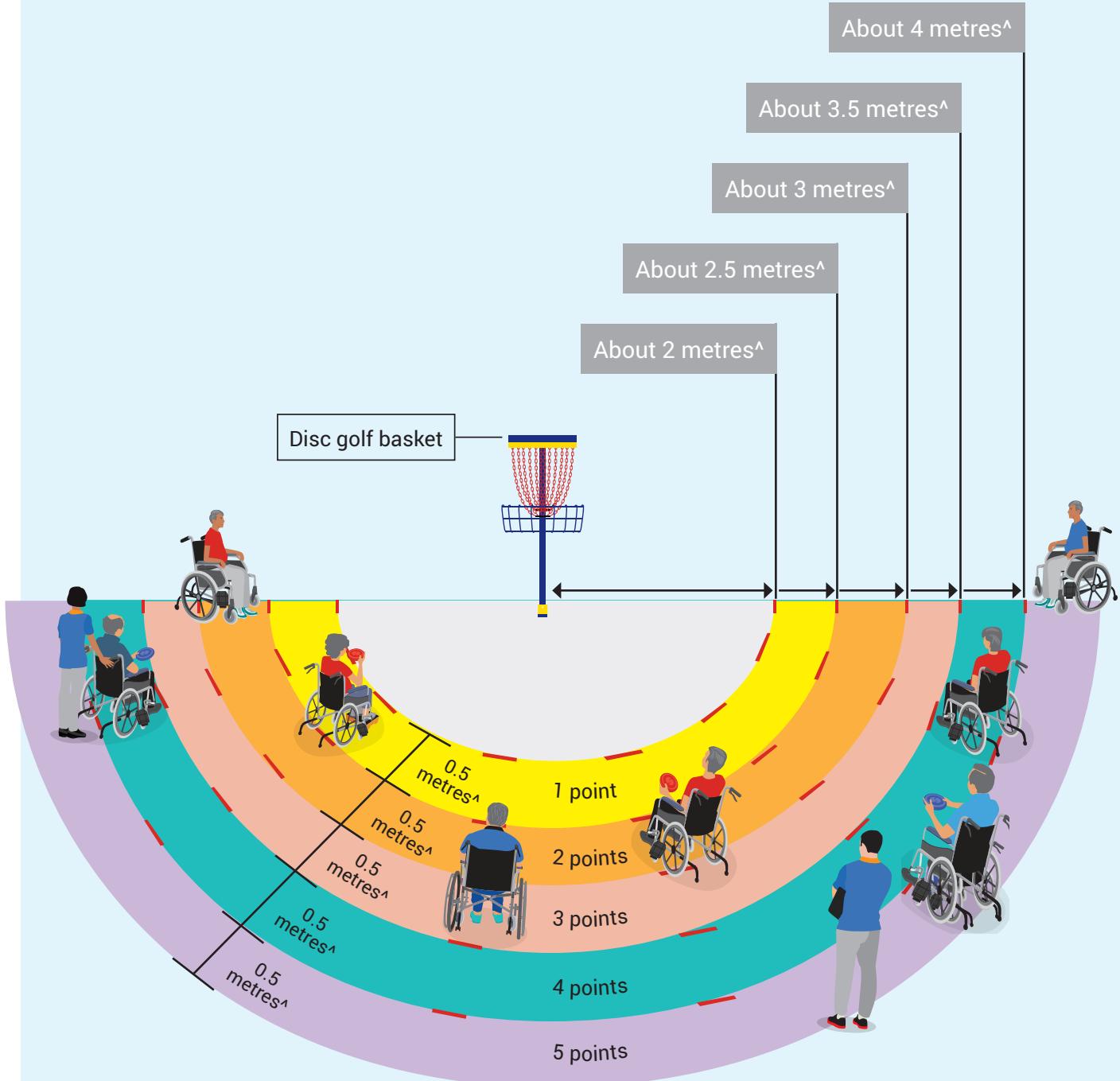


Step boards are set at the right height

## GAME SETUP



<sup>^</sup>Measurements provided are approximate and can be changed, depending on the needs of players and the space available.



### TIPS!

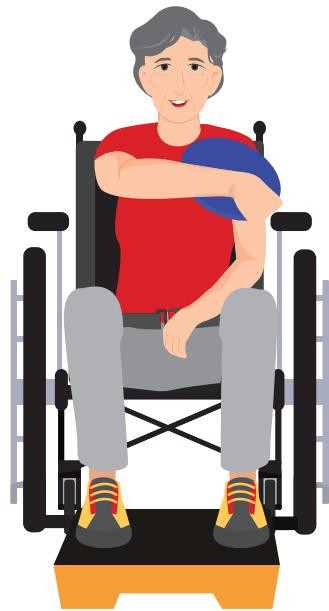


For suggestions on how to use a distance marking string to set up the play area, refer to the preparation tips on page 8.

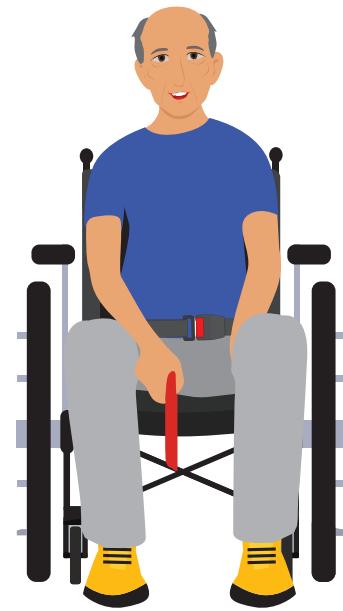
## TYPES OF THROWS

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Backhand throw



Backhand throw (between the legs)



## NOTES

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## INSTRUCTIONS

### Prepare

- Toss a coin to determine which player/team starts off the game (e.g. red player/team is the starting player/team).
- Each player chooses a position (e.g. at the 3-metre mark).

### Begin

- Each player has 3 chances to land the discs in the basket.
- Players take turns to throw the discs one at a time.
- The red player starts by throwing the red disc into the basket.
- The blue player will then throw the blue disc into the basket.
- Players can choose a new position after each throw.
- Players score points based on their chosen position: the further the position, the higher the points if their disc lands in the basket. (refer to Game Setup on page 77).
- Points awarded for landing the disc in the basket depend on the distance between players and the basket:
  - 1 point: about 2 metres
  - 2 points: about 2.5 metres
  - 3 points: about 3 metres
  - 4 points: about 3.5 metres
  - 5 points: about 4 metres.
- The player with the most points wins.

### VARIATIONS:



#### TEAM SPORT FORMAT

- Form teams with an equal number of players.
- Players from each team take turns to throw the discs one at a time.
- A red team player starts by throwing the disc into the basket.
- A blue team player will then throw the disc into the basket. Each player has 3 chances to land the discs into the disc golf basket.
- Players can choose a new position after each throw.
- Add up the points scored after everyone in each team has participated.
- The team with the most points wins.

### TIPS!



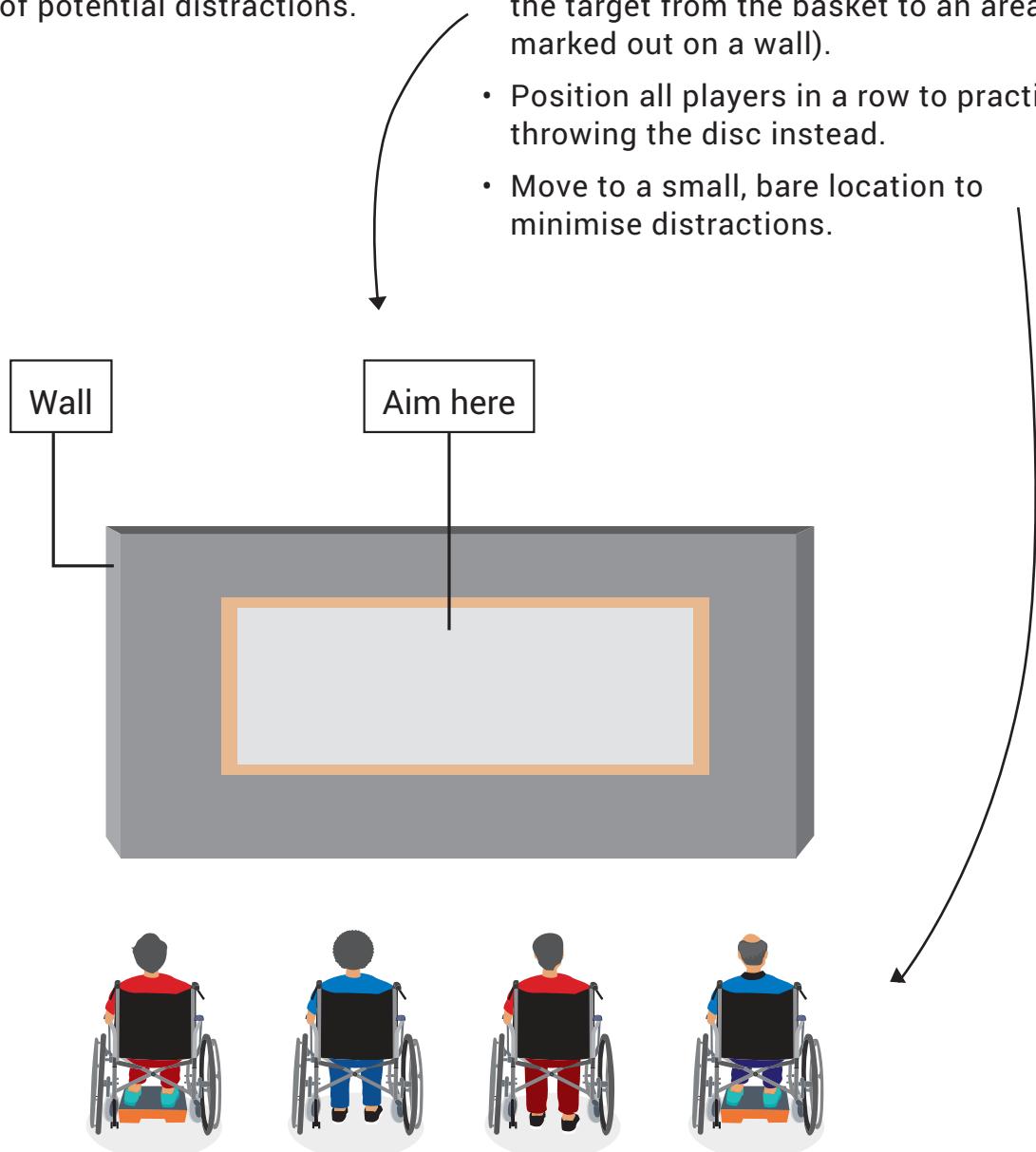
*For suggestions on enhancing social interactions during the activity, refer to the facilitation tips on page 7.*

## GRADE UP

- Group players with similar abilities together.
- Increase the distance between players and the basket (e.g. from 3 to 3.5 metres) and adjust the scoring accordingly.
- Increase the number of rounds (e.g. from 1 to 3 rounds) before determining the winner.
- Move the session outdoors to increase the range of potential distractions.

## GRADE DOWN

- Group players with similar abilities together.
- Provide players who have difficulty with aiming extra chances to throw (e.g. from 3 to 5 throws).
- Decrease the distance between players and the basket (e.g. from 3 to 2.5 metres) and adjust the scoring accordingly.
- Increase the target size (e.g. change the target from the basket to an area marked out on a wall).
- Position all players in a row to practise throwing the disc instead.
- Move to a small, bare location to minimise distractions.



# JAVELIN

## TIPS!



For approximate dimensions of equipment, refer to pages 111-126 (Overview of Adaptive Sports Equipment)

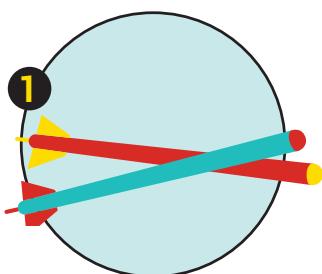


Individual

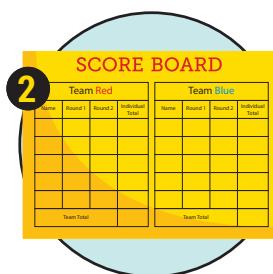


Team

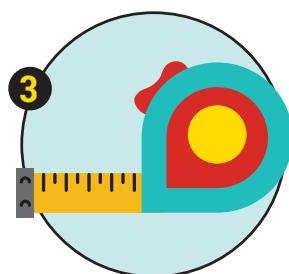
## EQUIPMENT



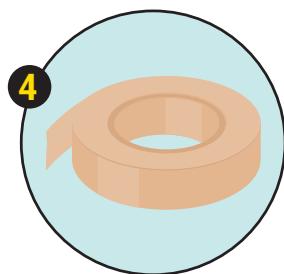
\* 6 **foam javelins**  
(i.e. pool noodles that are weighted at one end)



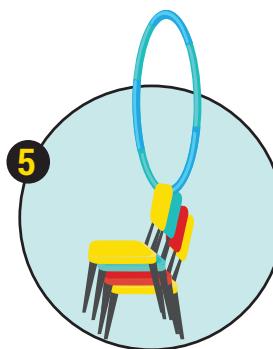
1 **scoreboard**



1 **roll of measuring tape**  
(to measure the play area/  
distance thrown)



1 **roll of masking tape**  
(for marking the starting line and  
to indicate player's name)

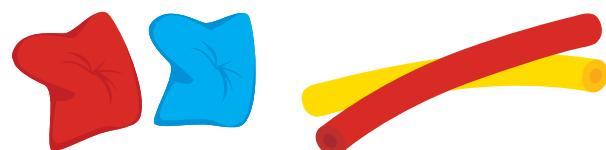


1 **hula hoop secured  
on a chair**  
(ensure it is safely  
installed/weighted down)  
(optional)

## ALTERNATIVE EQUIPMENT

(for equipment marked with \*)

- 6 pool noodles or bean bags



This activity can be an alternative for players who enjoy "Darts" on page 69.

## OBJECTIVE

Score the most points by throwing the javelin as far as possible.

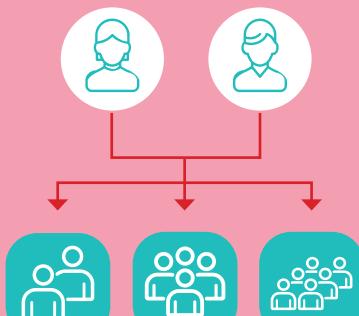
## SUITABLE FOR

Players who can

- Throw a javelin safely forward on their own
- Maintain balance on a wheelchair while throwing the javelin
- Follow 2-step instructions

## GROUP SIZE

2 facilitators



2/4/6 players

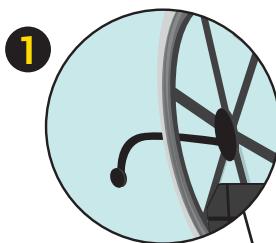
## SCORING

Players score points by throwing the javelin as far as possible.

- 2 points are awarded to the player/team with the longest total distance.
- 1 point is awarded to the other player/team.

The individual/team with the most points wins.

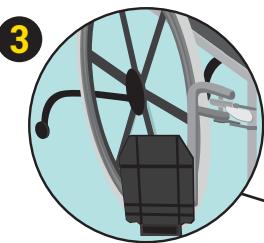
## WHEELCHAIR SAFETY CHECKLIST



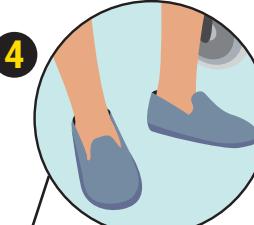
Players are seated in anti-tip wheelchairs



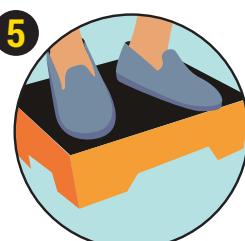
Seatbelts are securely fastened



Footplates are folded up and footrests swung away



Players' feet are on the ground or on step boards

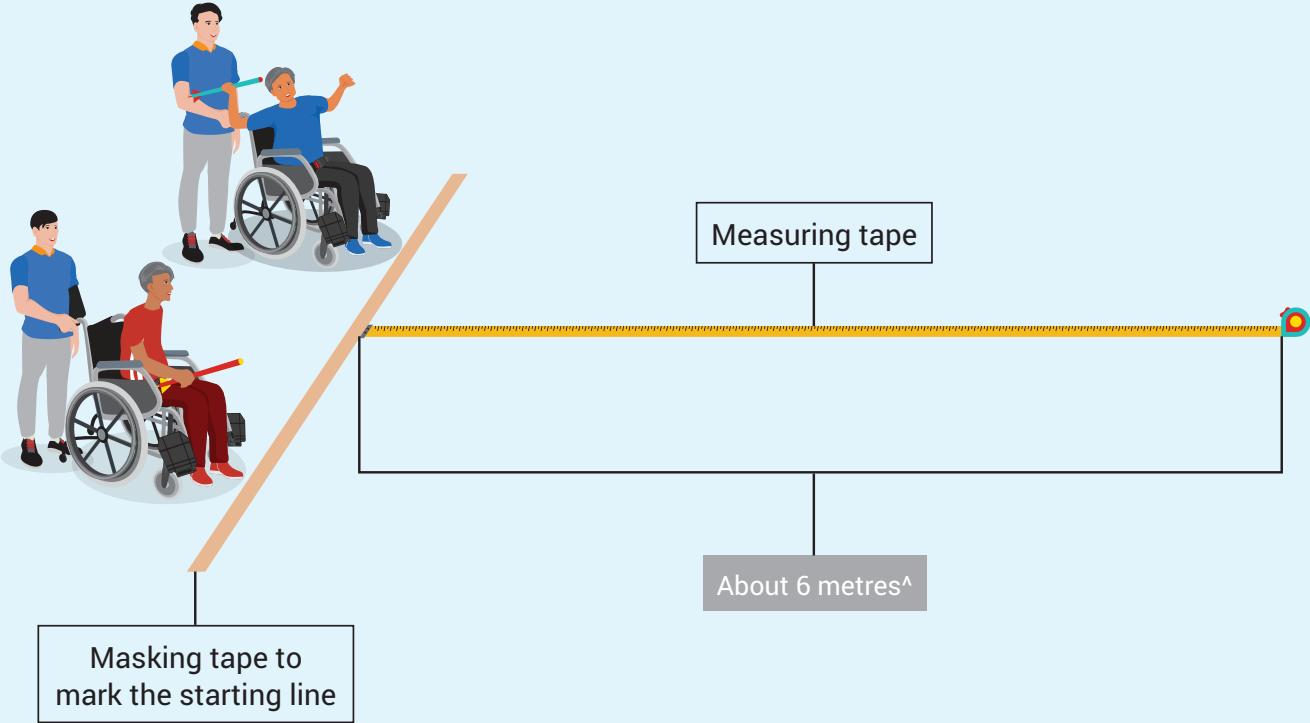


Step boards are set at the right height



## GAME SETUP

Set up a minimum of 2 stations to as many stations as your manpower/equipment/space allows.



<sup>^</sup>Measurements provided are approximate and can be changed, depending on the needs of players and the space available.

## NOTES

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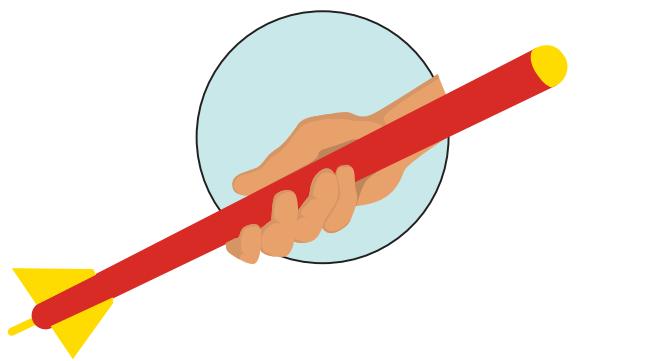
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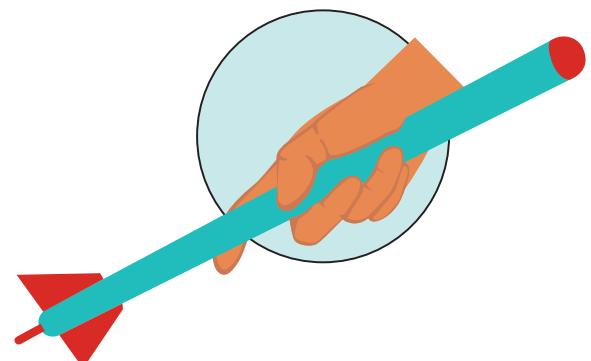
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## TYPES OF GRIPS

Grip A



Grip B



**TIPS!**



*Thumb and index finger grip*

**TIPS!**



*Thumb and middle finger grip*

## INSTRUCTIONS

### Prepare

- Each player is positioned behind the starting line.

### Begin

- Each player has 3 chances to throw the javelins.
- Mark the distance thrown with masking tape (indicate players' names on the tape).
  - 2 points are awarded to the individual with the longest distance in total.
  - 1 point is awarded to the other players.
- The player with the most points wins.

### VARIATIONS:



#### TEAM SPORT FORMAT

- Form teams with an equal number of players.
- Each player has 3 chances to throw the javelins.
- Add up the total distance of the throws after everyone in each team has participated.
  - 2 points are awarded to the team with the longest distance in total.
  - 1 point is awarded to the other teams.
- The team with the most points wins.

### TIPS!



For suggestions on enhancing social interactions during the activity, refer to the facilitation tips on page 7.

## NOTES

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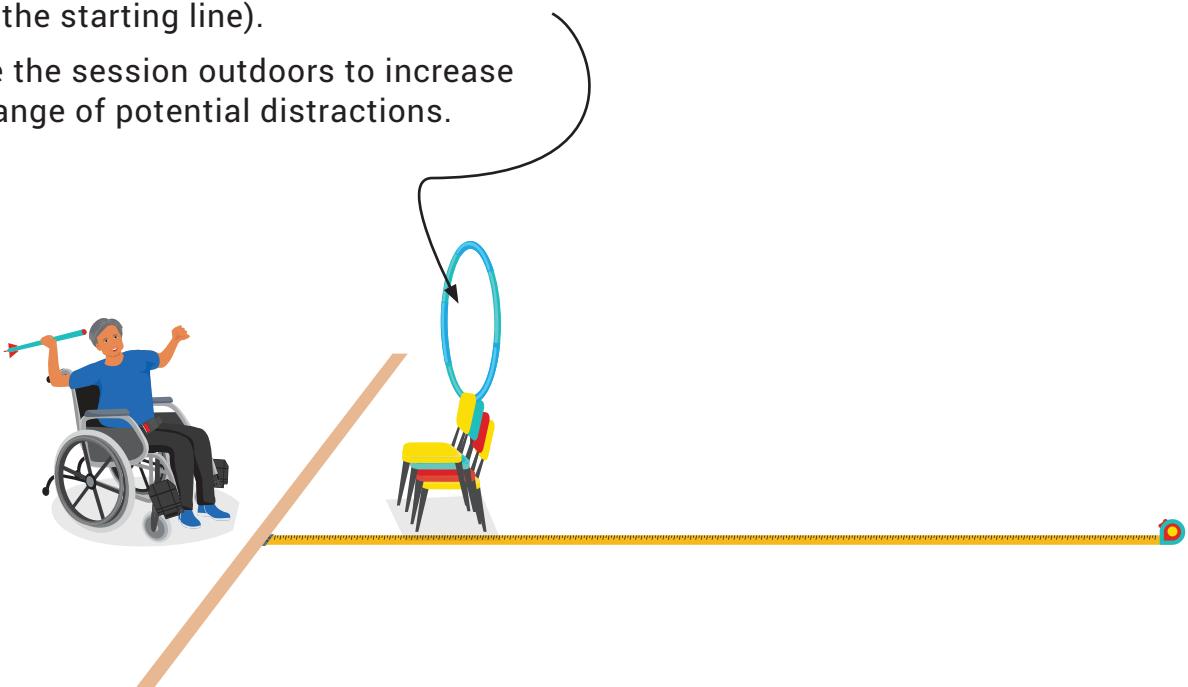
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## GRADE UP

- Group players with similar abilities together.
- Increase the number of rounds (e.g. from 1 to 3 rounds) before determining the winner.
- Arrange an additional obstacle that the javelin needs to pass through (e.g. a hula hoop placed about 1 metre away from the starting line).
- Move the session outdoors to increase the range of potential distractions.

## GRADE DOWN

- Group players with similar abilities together.
- Provide players with difficulty throwing more chances to throw the javelin (e.g. from 3 to 5 throws).
- Move to a small, bare location to minimise distractions.



## NOTES

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# TABLE TENNIS

## TIPS!



For approximate dimensions of equipment, refer to pages 111-126 (Overview of Adaptive Sports Equipment)

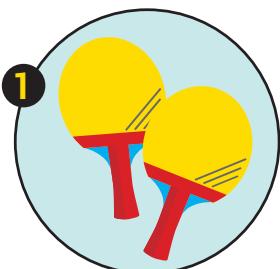


Individual

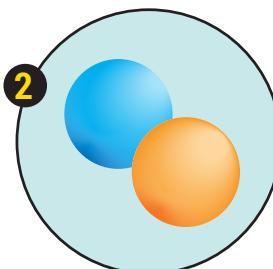


Team

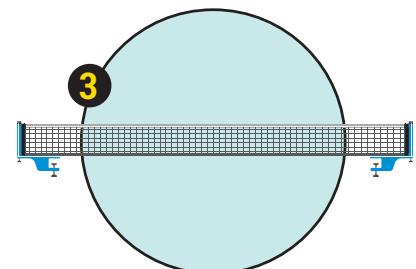
## EQUIPMENT



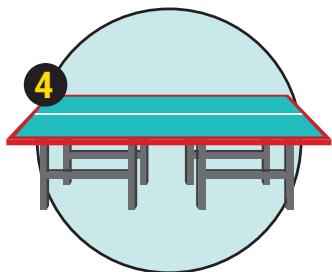
2 table tennis racquets  
(with rubber pads on both sides) (have extra racquets as spares)



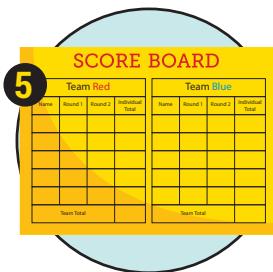
\* 1 table tennis ball  
(have extra balls as spares)



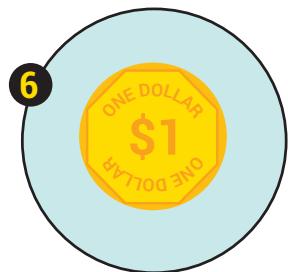
\* 1 table tennis net  
(ensure this is safely installed)



\* 1 table tennis table  
(standard size)



1 scoreboard



1 coin

## ALTERNATIVE EQUIPMENT (for equipment marked with \*)

- 1 foam golf ball (for players who require a slower game) (have extra balls as spares)
- 1 row of flag banner/barricade tape across 2 bottles (filled with water/sand)
- 1 wheelchair accessible table (able to accommodate a minimum of 2 players along its breadth)



## OBJECTIVE

Score the most points by hitting the ball across a table with the table tennis racquet.

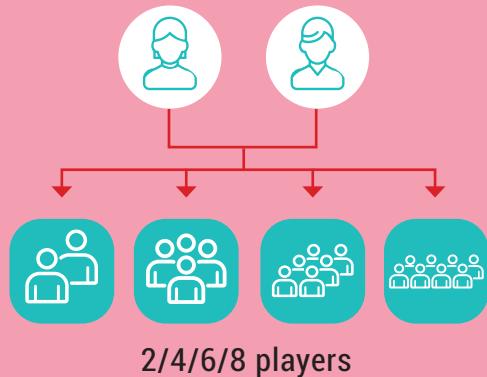
## SUITABLE FOR

Players who can

- Hold and swing a table tennis racquet safely on their own
- Maintain balance on a wheelchair while swinging the racquet
- Follow 2-step instructions

## GROUP SIZE

2 facilitators



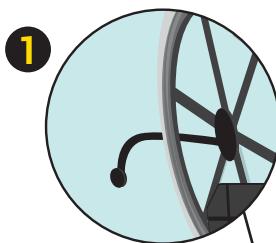
## SCORING

The player/team scores 1 point when the opponent:

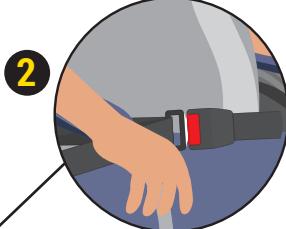
- Does not hit the ball over the net; or
- Hits the ball outside of the play area.

The first individual/team to score 10 points wins.

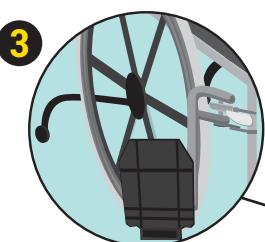
## WHEELCHAIR SAFETY CHECKLIST



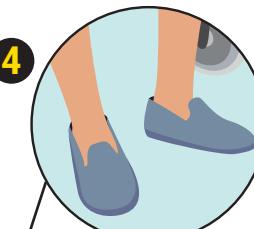
1  
Players are seated in anti-tip wheelchairs



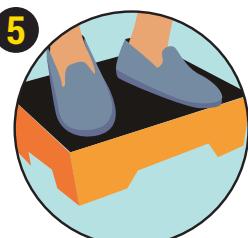
2  
Seatbelts are securely fastened



3  
Footplates are folded up and footrests swung away



4  
Players' feet are on the ground or on step boards



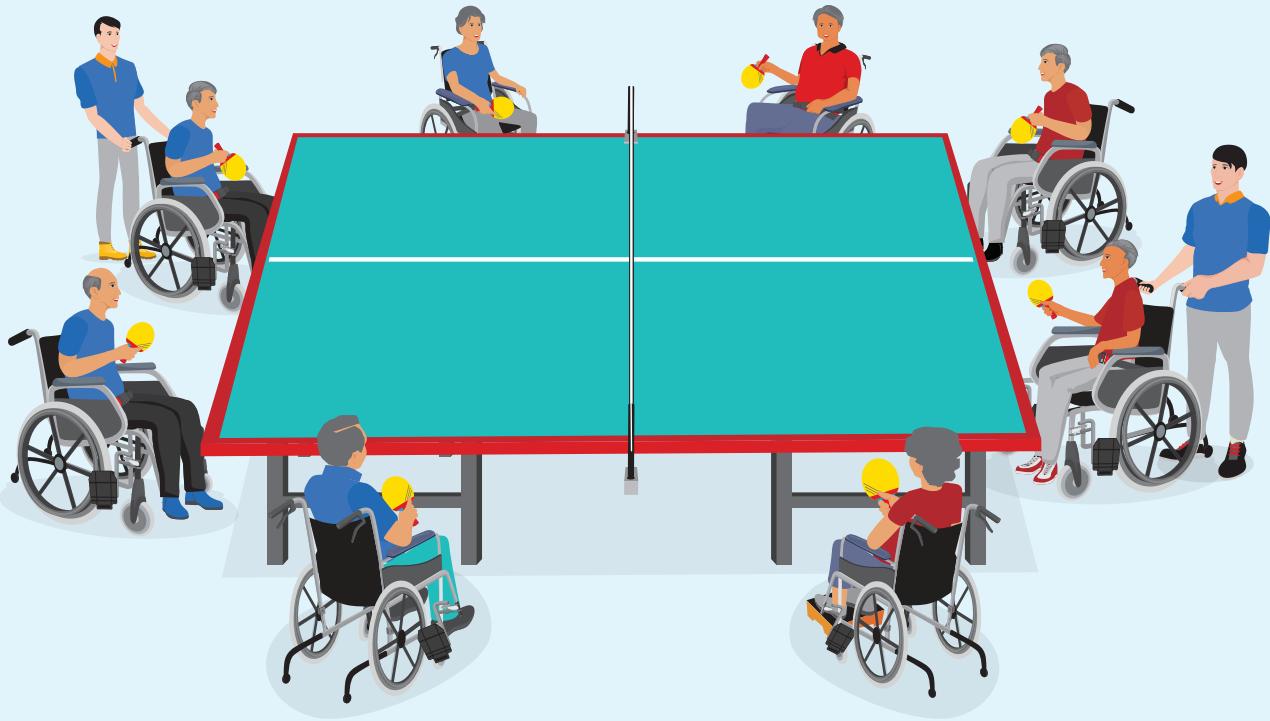
5  
Step boards are set at the right height



## GAME SETUP



<sup>^</sup>Measurements provided are approximate and can be changed, depending on the needs of players and the space available.



## NOTES

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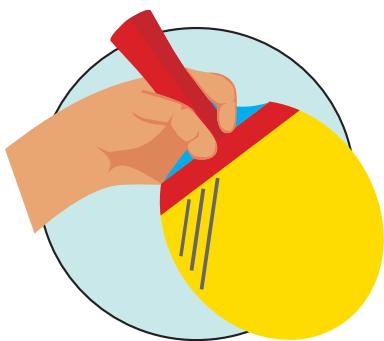
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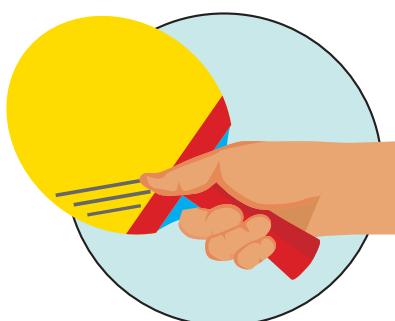
## TYPES OF GRIPS

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Penhold



Shakehand



## INSTRUCTIONS

### Prepare

- Toss a coin to determine which player/team starts off the game (e.g. red player/team is the starting player/team).
- Each player is positioned at the table tennis table.

### Begin

- The red player serves the ball over the net to the blue player's side.
- Players may:
  - Have multiple bounces/rebounds within their court;
  - Have multiple hits within their court;
  - Have balls that touch the net while clearing it; and/or
  - Serve the ball across the net without needing to serve at a diagonal angle.
- The player scores 1 point when the opponent:
  - Does not hit the ball over the net; or
  - Hits the ball outside of the play area.
- The first player that scores 10 points wins.

### VARIATIONS:



#### TEAM SPORT FORMAT

- Form 2 teams of 2/3/4 players each.
- A red team player serves the ball over the net to the blue team's side.
- Each player cooperates with their teammates to hit the ball over the net to their opponent's court.
- The team scores 1 point when the opponent:
  - Does not hit the ball over the net; or
  - Hits the ball outside of the play area.
- The team that scores 10 points first wins.

### TIPS!



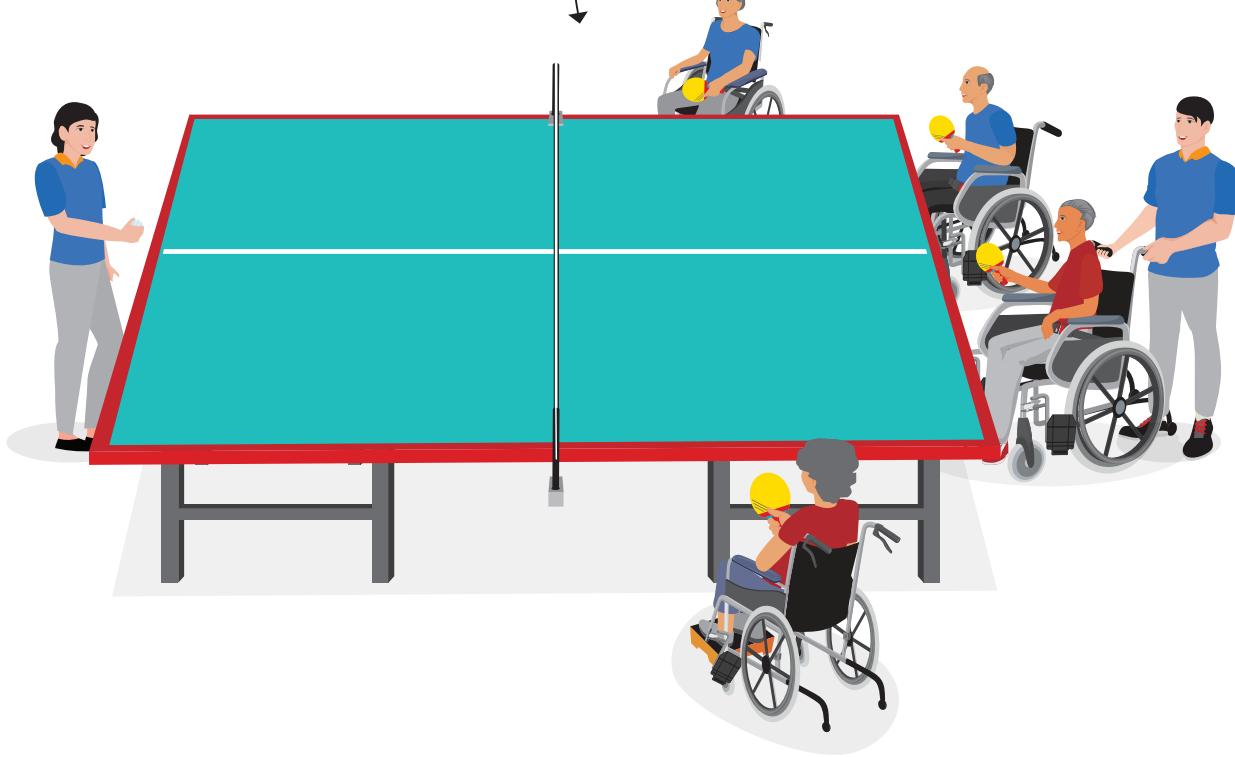
*For suggestions on enhancing social interactions during the activity, refer to the facilitation tips on page 7.*

## GRADE UP

- Group players with similar abilities together.
- Increase the points needed to win (e.g. from 10 to 20 points).
- Do not allow multiple bounces/rebounds, multiple hits or the ball to touch the net.
- Increase the number of rounds (e.g. from 1 round to 3 rounds) before determining the winner.

## GRADE DOWN

- Group players with similar abilities together.
- Use alternative equipment (e.g. softer balls to slow down the game pace).
- Position all players on one side of the table to practise hitting the balls across the net instead (assign someone to throw the balls for them to hit).



## NOTES

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# SPORT STACKING

## TIPS!



For approximate dimensions of equipment, refer to pages 111-126 (Overview of Adaptive Sports Equipment)



Individual

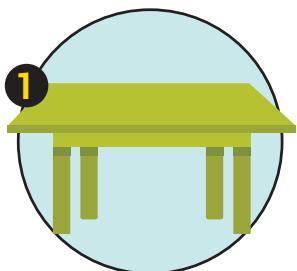


Team

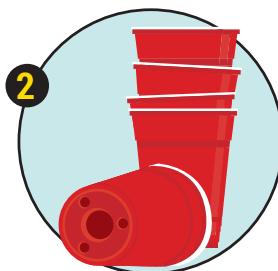


Scan this with a QR code reader or visit <https://for.sg/aic-fitfun-stack> to watch an instructional video.

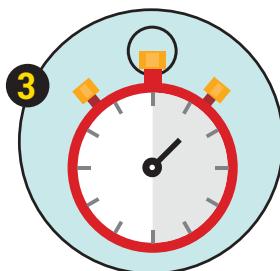
## EQUIPMENT



1 wheelchair accessible table  
(suggest to use existing tables where possible)



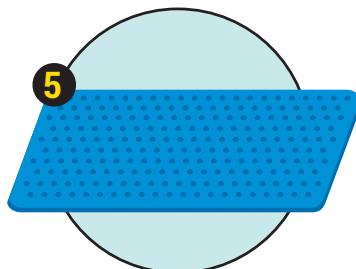
\* 2 sets of sport stacking cups  
(24 cups)



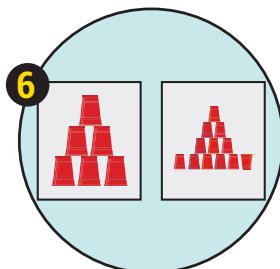
1 stopwatch  
(suggest to use mobile phone)



1 scoreboard



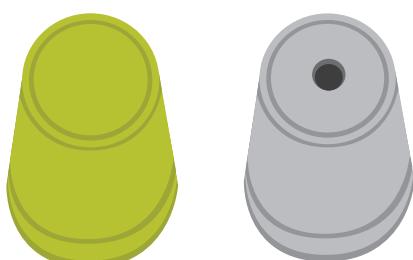
1 anti-slip mat  
(optional to prevent cups from slipping)



Picture cards of different formations  
(optional)

## ALTERNATIVE EQUIPMENT (for equipment marked with \*)

- Durable cups (optional to have a hole in the middle)



## OBJECTIVE

Score the most points by stacking the cups in the predetermined formations and returning them to the starting position as quickly as possible.

## SUITABLE FOR

Players who can

- Grip and release cups
- Maintain balance on a wheelchair while moving the cups
- Follow 3-step instructions

## GROUP SIZE

2 facilitators



6 players

1 facilitator



4 players

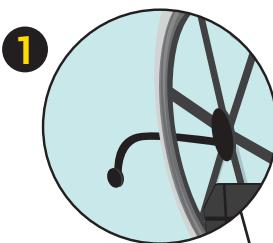
## SCORING

Players score points by completing the predetermined cup formations.

- 2 points are awarded to the fastest player/team.
- 1 point is awarded to the other player/team.

The individual/team with the most points wins.

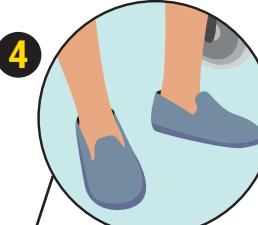
## WHEELCHAIR SAFETY CHECKLIST



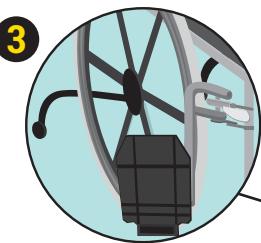
Players are seated in anti-tip wheelchairs



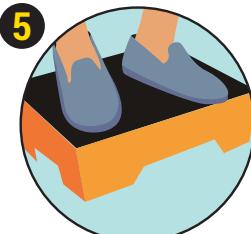
Seatbelts are securely fastened



Players' feet are on the ground or on step boards



Footplates are folded up and footrests swung away



Step boards are set at the right height

## GAME SETUP



Use a wheelchair accessible table.

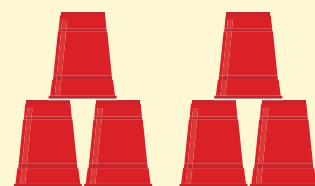
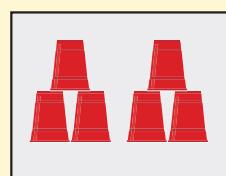
Ensure all the required items can fit on the table comfortably.



## INSTRUCTIONS

### Prepare

- Show the players the formation that they are to achieve. Use picture cards if required.



*Optional*

- Give each player 6 cups.
  - Ensure the cups are stacked on top of each other (this is the starting position).

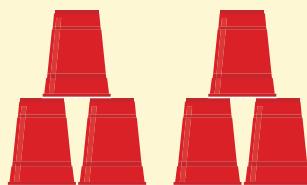


*Starting position*

## INSTRUCTIONS (CONTINUED)

### Begin

- Start the timer!
- Players stack cups to achieve this formation:



- Players then return the cups to the starting position (down-stacking). Players may down-stack cups in any direction..



- Players raise their hand upon completion.
- After this, the timer is stopped.
- Players score points by completing the predetermined cup formations.
  - 2 points are awarded to the fastest player.
  - 1 point is awarded to the other player.
- Winners are determined after 3 rounds, and the player with the most points wins.

### VARIATIONS:



#### TEAM SPORT FORMAT

- Group players into teams before the game begins.
- Ensure teams have an equal number of players.

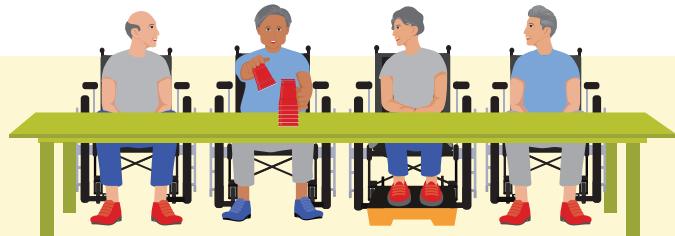
## INSTRUCTIONS (CONTINUED)

### OPTION 1



### 4-PLAYER RELAY

- Form teams of 4 players each.
- Players in each team take turns to stack and down-stack the cups in a relay format.
- The timer is stopped when all players in a team complete one cycle (stacking and down-stacking) each.
- Points are tallied.
  - 2 points are awarded to the fastest team.
  - 1 point is awarded to the other team.

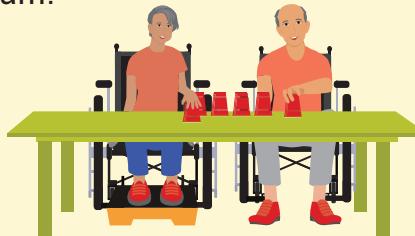


### OPTION 2



### DOUBLES TEAM

- Pair players up.
- Players sit beside each other to stack and down-stack the cups.
- Each player uses only one hand to play and can only move one cup at a time.
- When it is their turn, each player adds or removes 1 cup to the joint cup stack formation (in this approach, there is only 1 formation which the players jointly stack/down-stack)
- The timer is stopped when both players complete one formation (stack and down-stack) together.
- Points are tallied.
  - 2 points are awarded to the fastest pair.
  - 1 point is awarded to the other pair.



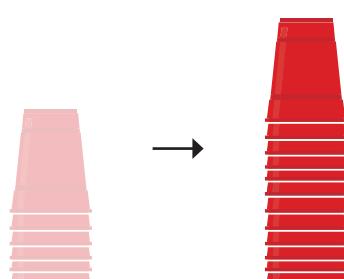
### TIPS!



For suggestions on enhancing social interactions during the activity, refer to the facilitation tips on page 7.

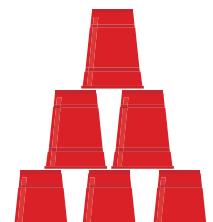
## GRADE UP

- Group players with similar abilities together.
- Use more cups (i.e. from 6 cups to 12 cups) to form more complicated formations.

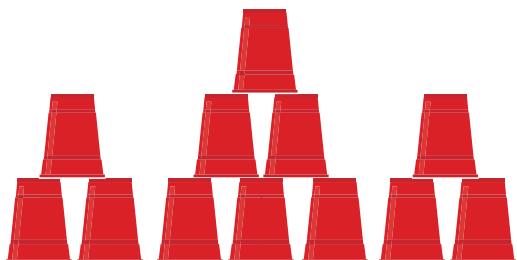


## GRADE UP (CONTINUED)

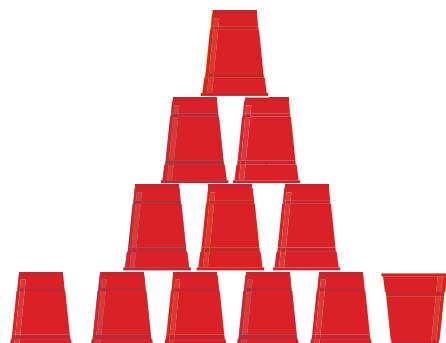
- Try more complex formations such as the following:



6 stack



3-6-3 stack

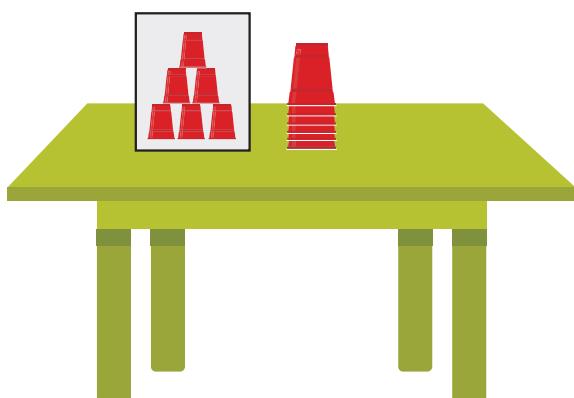


1-10-1 stack

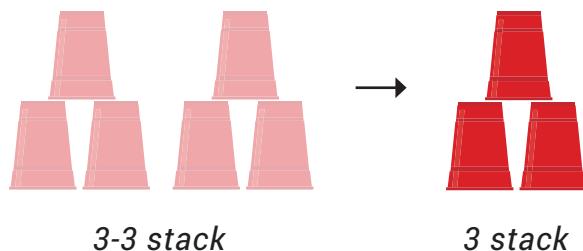
- Fix the direction of stacking and down-stacking the cups.  
(i.e. if cups were stacked from left-to-right, they are also down-stacked from left-to-right).

## GRADE DOWN

- Group players with similar abilities together.
- Place picture cards (shown below) on the table in front of players. Guide players to refer to these cards when stacking.



- Use fewer cups (i.e. from 6 to 3 cups).



3-3 stack

3 stack

- Simplify the game (i.e. practise stacking the cups only or practise down-stacking the cups only, instead of both stacking and down-stacking).
- Do not use a timer.

# ARCHERY

## TIPS!



For approximate dimensions of equipment, refer to pages 111-126 (Overview of Adaptive Sports Equipment)

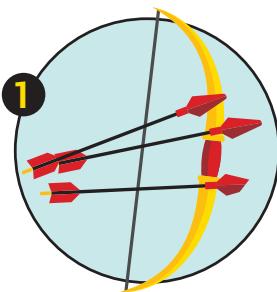


Individual

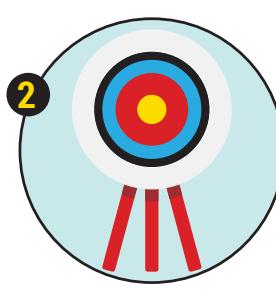


Team

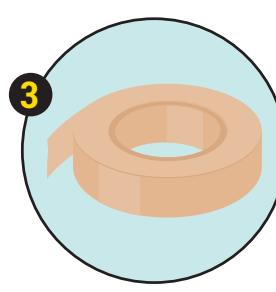
## EQUIPMENT



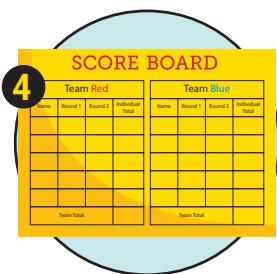
**2 toy archery sets**  
(1 set of bow and 3 arrows x 2 sets)



**\* 2 targets**  
(ensure this is safely installed on the wall or weighted down on a stand)



**1 roll of masking tape**  
(for marking the starting line)



**1 scoreboard**

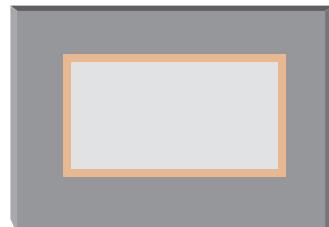


Use the scoring system available on the target or follow the system shown on page 103.

## ALTERNATIVE EQUIPMENT

(for equipment marked with \*)

- **Mark an area on a wall with masking tape**



For players who are unable to use a bow on their own, consider alternative sports such as "Darts" on page 69.

## OBJECTIVE

Score the most points by landing arrows as close to the centre of the target as possible.

## SUITABLE FOR

Players who can

- Use both hands to hold a bow and arrow
- Pull and release the bowstring on their own
- Maintain balance on a wheelchair while aiming and shooting at the target
- Follow 2-step instructions

## GROUP SIZE

1 facilitator

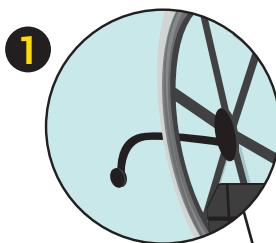


## SCORING

Players score points based on where their arrow lands on the target.

The individual/team with the most points wins.

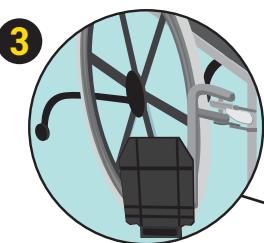
## WHEELCHAIR SAFETY CHECKLIST



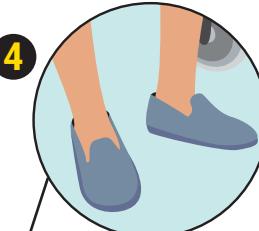
Players are seated in anti-tip wheelchairs



Seatbelts are securely fastened



Footplates are folded up and footrests swung away



Players' feet are on the ground or on step boards

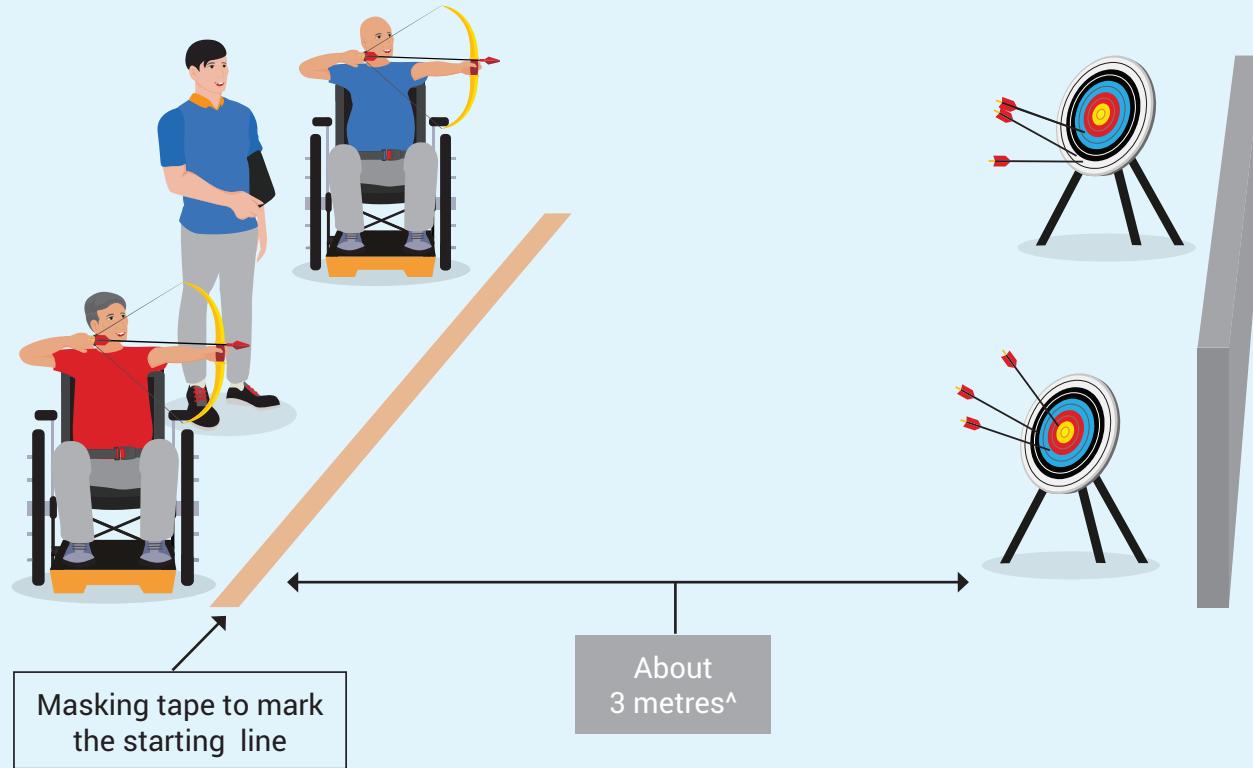


Step boards are set at the right height

## GAME SETUP

Set up a minimum of 2 stations to as many stations as your manpower/equipment/space allows.

For suggestions on alternative game setup and scoring for this activity, refer to "Ladder Toss" on page 31.



Masking tape to mark the starting line

About 3 metres^



<sup>^</sup>Measurements provided are approximate and can be changed, depending on the needs of players and the space available.

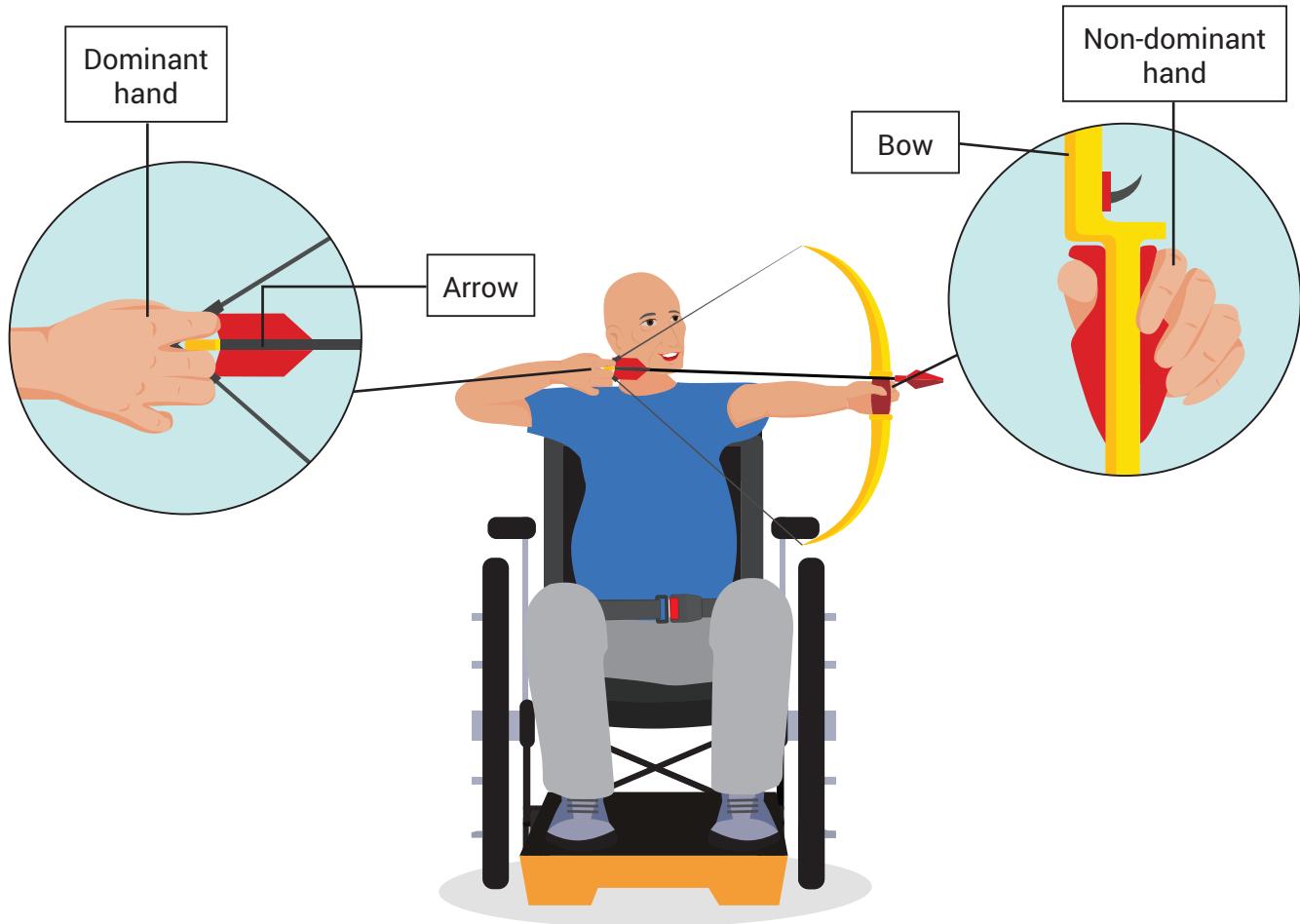
Ensure that no one is within the play area during the game.

## NOTES

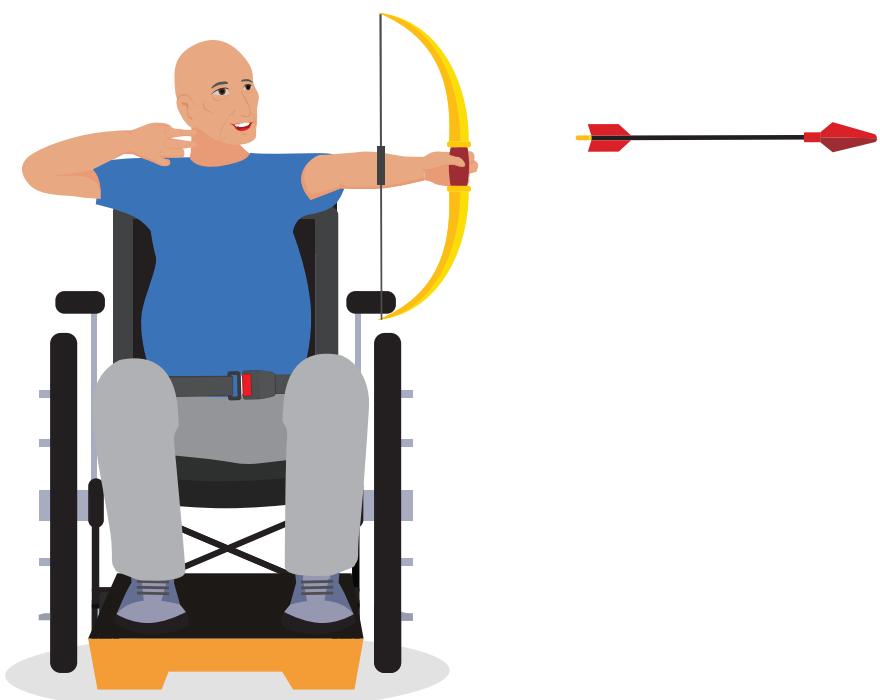
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## HAND POSITIONS



Release the bowstring and arrow when the string has been pulled to its full tautness



## INSTRUCTIONS

### Prepare

- Each player is positioned behind the starting line.

### Begin

- Each player has 3 chances to shoot the arrow at the target.
- Points are awarded based on where the arrow lands on the target. Use the scoring system on the target or award points according to the following format:
  - Yellow: 10 points
  - Red: 5 points
  - Blue: 3 points
  - Black: 2 points
  - White: 1 point
  - Off target: 0 points.
- The player with the most points wins.



### VARIATIONS:



#### TEAM SPORT FORMAT

- Form teams with an equal number of players.
- Players from each team take turns to shoot the arrows.
- Each player has 3 chances to shoot the arrows at the target.
- Add up the points scored after everyone in each team has participated.
- Points are awarded based on where the arrow lands. Use the scoring system on the target or award points according to the following format:
  - Yellow: 10 points
  - Red: 5 points
  - Blue: 3 points
  - Black: 2 points
  - White: 1 point
  - Off target: 0 points.
- The team with the most points wins.

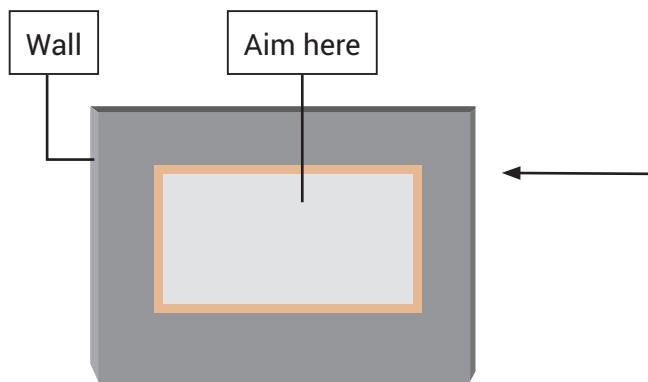
### TIPS!



For suggestions on enhancing social interactions during the activity, refer to the facilitation tips on page 7.

## GRADE UP

- Group players with similar abilities together.
- Increase the distance between players and the target (e.g. from 3 to 4 metres).
- Move the session outdoors to increase the range of potential distractions.



## GRADE DOWN

- Group players with similar abilities together.
- Decrease the distance between players and the target (e.g. from 3 to 2 metres).
- Increase the number of chances for players to shoot the arrow (e.g. from 3 to 5 chances).
- Omit the tiered points system and award all arrows that hit anywhere on the target the same score (e.g. 10 points).
- Increase the target size (e.g. change the target to an area marked out on a wall. 10 points can be awarded when the arrow hits the wall).
- Move to a small, bare location to minimise distractions.

## NOTES

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# WHEELCHAIR RACING

## TIPS!



For approximate dimensions of equipment, refer to pages 111-126 (Overview of Adaptive Sports Equipment)



Individual

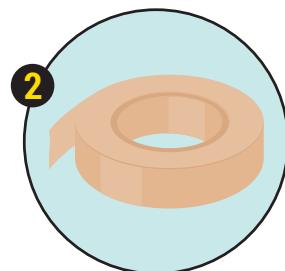


Team

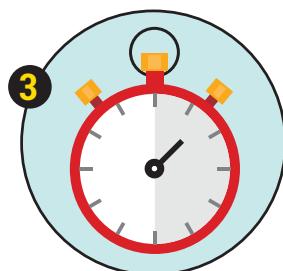
## EQUIPMENT



\* 6 cones  
(as obstacles)



1 roll of masking tape  
(for marking the starting line)



1 stopwatch  
(suggest to use mobile phone)

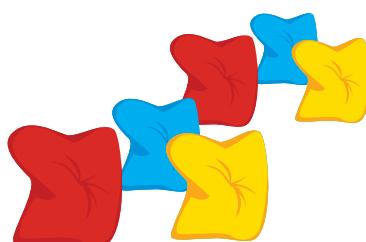


1 scoreboard

## ALTERNATIVE EQUIPMENT

(for equipment marked with \*)

- 6 beanbags or plastic bottles (500 millilitres each) filled to the brim with sand/water (as obstacles)



## OBJECTIVE

Score the most points by completing an obstacle course in a wheelchair as quickly as possible.

## SUITABLE FOR

Players who can

- Move a wheelchair safely forward on their own
- Maintain balance while moving the wheelchair
- Follow 2-step instructions

## GROUP SIZE

1 facilitator



## SCORING

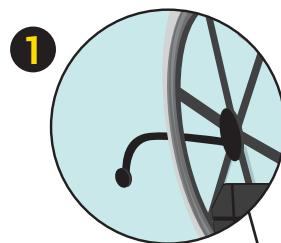
Players score points by propelling the wheelchair forward without touching the obstacles and completing the course.

Add 10 seconds to a player's final timing each time their wheelchair touches an obstacle.

- 2 points are awarded to the player/team who complete the course in the shortest timing.
- 1 point is awarded to the other player/team.

The individual/team with the most points wins.

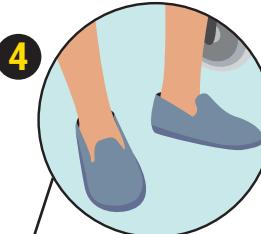
## WHEELCHAIR SAFETY CHECKLIST



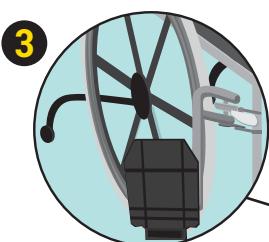
Players are seated in anti-tip wheelchairs



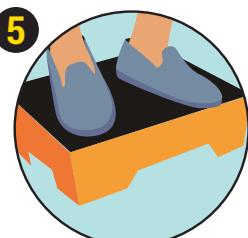
Seatbelts are securely fastened



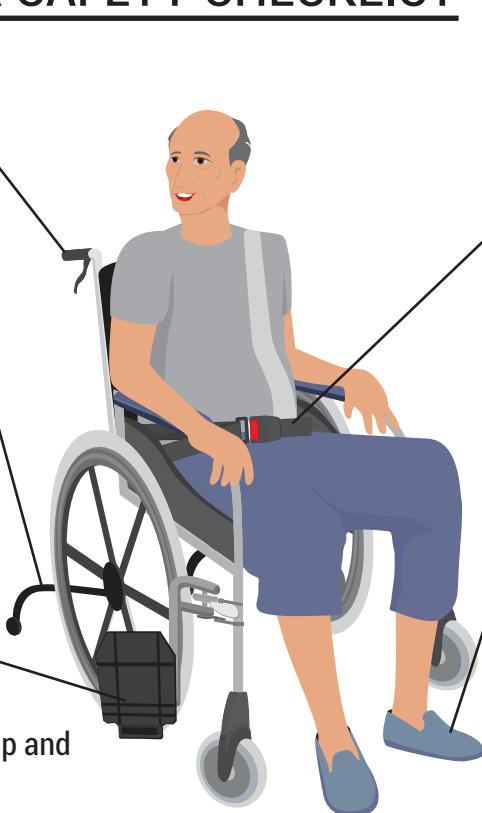
Players' feet are on the ground or on step boards



Footplates are folded up and footrests swung away

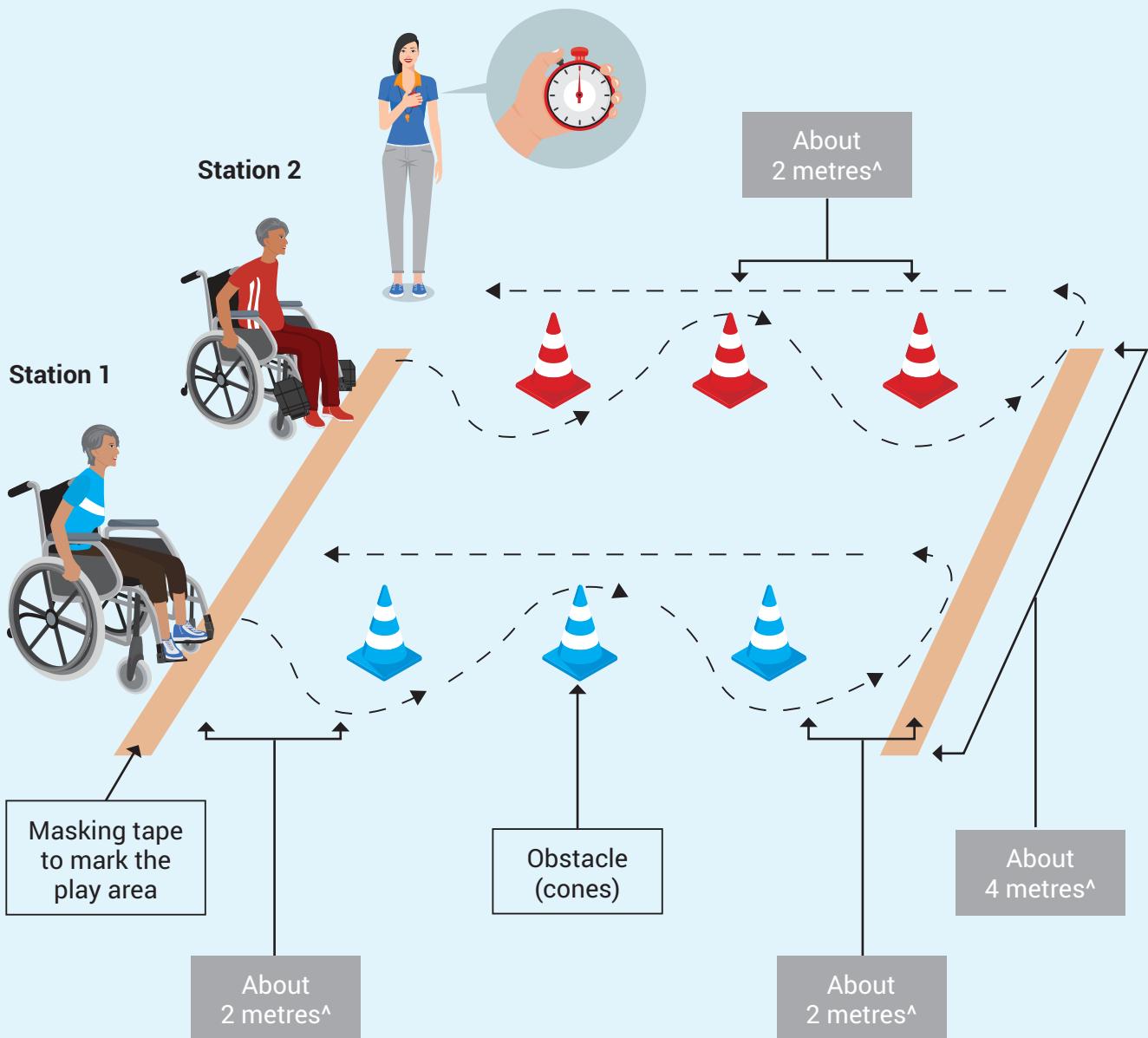


Step boards are set at the right height



# GAME SETUP

Set up a minimum of 2 stations to as many stations as your manpower/equipment/space allows.



<sup>^</sup>Measurements provided are approximate and can be changed, depending on the needs of players and the space available.

# INSTRUCTIONS

## Prepare

- Each player is positioned behind the starting line.

## Begin

- Once the timekeeper says “Go” and starts the timer, players start on the course.
- Players must move their wheelchair forward around the obstacles.
- After the last obstacle, players return to the starting line.
- When returning, players bypass the obstacles and return directly and the timer is stopped.
- The timer stops when the wheelchair passes the starting line.
- Players score points by completing the obstacle course without touching the obstacles (add 10 seconds to a player’s final timing each time their wheelchair touches an obstacle).
  - 2 points are awarded to the player who completes the course in the shortest timing.
  - 1 point is awarded to the other player.

## VARIATIONS:



### TEAM SPORT FORMAT

- Form teams with an equal number of players.
- Have players from each team take turns to compete.
- Add 10 seconds to the respective player’s final timing each time their wheelchair touches an obstacle.
- Add up the final timings of each player to obtain the team’s overall timing after every player has participated.
- Teams score points by completing the obstacle course without touching the obstacles.
  - 2 points are awarded to the team who completes the course in the shortest timing.
  - 1 point is awarded to the other team.

## TIPS!



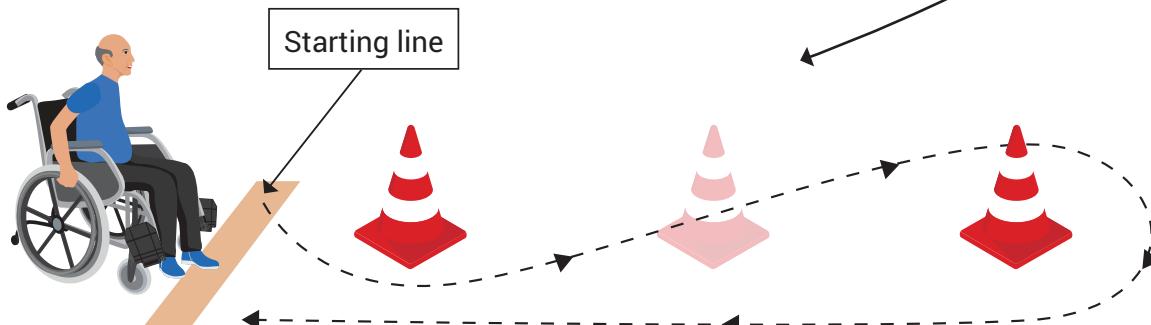
*For suggestions on enhancing social interactions during the activity, refer to the facilitation tips on page 7.*

## GRADE UP

- Group players with similar abilities together.
- Decrease the distance between the obstacles (e.g. from 2 to 1.5 metres).
- Increase the number of obstacles (e.g. from 3 to 4 obstacles).
- Increase the length of the obstacle course (e.g. from 8 to 10 metres).
- When returning to the starting line, players:
  - move around the obstacles again; and/or
  - move their wheelchair backwards directly, bypassing the obstacles.

## GRADE DOWN

- Group players with similar abilities together.
- Increase the distance between the obstacles (e.g. from 2 to 3 metres).
- Decrease the length of obstacle course (e.g. from 8 to 6 metres).
- Decrease the number of obstacles (e.g. from 3 to 2 obstacles).
- Remove the obstacles completely.



## NOTES

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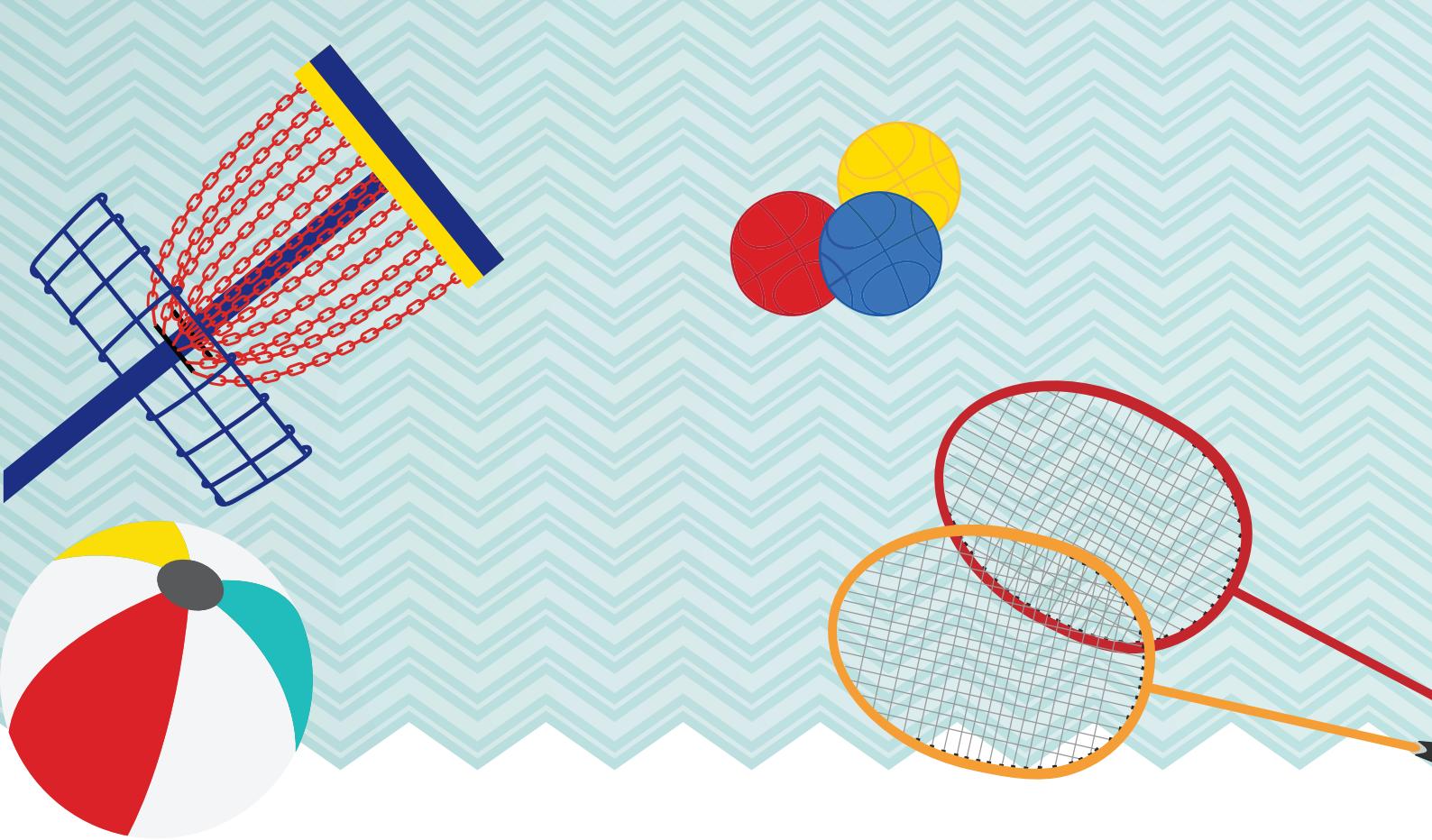
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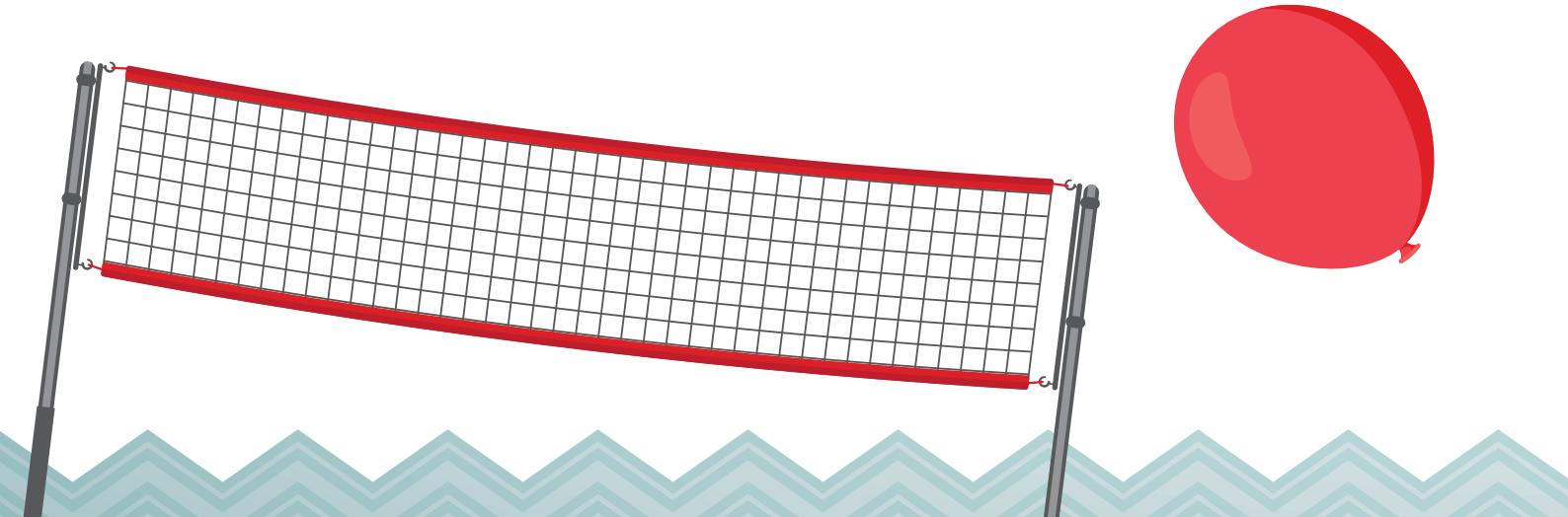


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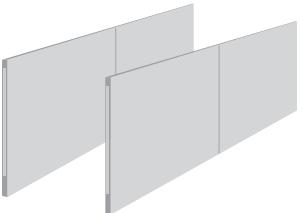
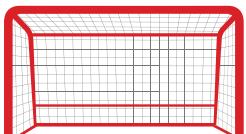
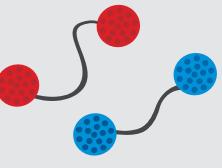
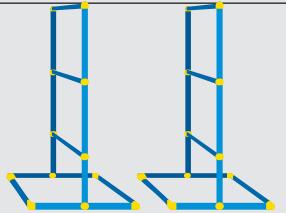
OVERVIEW OF

# ADAPTIVE SPORTS EQUIPMENT



# OVERVIEW OF ADAPTIVE SPORTS EQUIPMENT

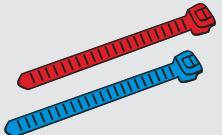
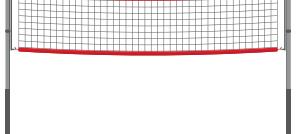
(costs accurate as at July 2021)

S/N	Activity	Sports Equipment	Approximate Dimensions	Sample
1	Floorball (Page 25)	Floorball sticks	Length: 85 centimetres	
		Floorball		
		Rinks	Length: at least 5.8 metres Height: not higher than 30 centimetres	
		Scoreboard		
		Goal posts with net	Length: 1.6 metres Height: 1.15 metres Depth: 90 centimetres Mesh size: 4.5 centimetres by 4.5 centimetres	
		Coloured cards for goal posts	Size: A4	
2	Ladder Toss (page 31)	Golf ball bolas	Length of Rope: 40 centimetres	
		Ladder toss ladder	Height: 90 centimetres Width: 60 centimetres Depth: 60 centimetres	

Estimated Cost	Quantity	Where To Buy?	Remarks
\$10 each	10	Online and sports shops	The stick can be cut to size using a metal saw.
\$2 each	1		Choose a coloured ball that contrasts with the floor for greater visibility.
\$40 each	2	Online and stationery shops	The estimated costs for 2 self-made rinks include 8 black corrugated plastic boards (53 centimetres by 76 centimetres) and 1 roll of raffia string (80 metres).
	1		Use an existing noticeboard.
\$300	2	Online and sports shops	If space is a constraint, please choose goal posts based on the available play area. Do ensure that the net mesh is suitably sized to halt the ball.
\$1 each	2	Online and stationery shops	Choose two coloured cards that contrast with the environment for greater visibility.
\$140 for a set	6	Online shops	Choose bolas made of golf balls as they have good weight to enable a better throw. Shorten the string to around 40cm by tying knots on the string so that it is the right length for players on wheelchairs.
	2		The game will require 2 ladder toss ladders as illustrated. Check with the vendor if the set comes with 1 or 2 ladder toss ladder/s before ordering.

# OVERVIEW OF ADAPTIVE SPORTS EQUIPMENT

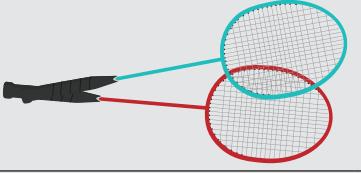
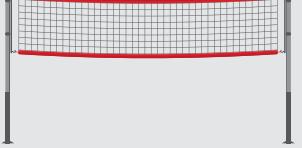
(costs accurate as at July 2021)

S/N	Activity	Sports Equipment	Approximate Dimensions	Sample
2	Ladder Toss (page 31)	Bamboo poles	Length: 2.1 metres	
		Masking tape		
		Scoreboard		
		Coin		
		Cable Ties		
3	Volleyball (page 37)	Soft inflatable beach ball	Diameter: 20 centimetres	
		Volleyball net	Length: 6.1 metres Width: 76 centimetres	
		Masking tape		
		Scoreboard		
		Coin		

Estimated Cost	Quantity	Where To Buy?	Remarks
\$5 each	3	Neighbourhood shops	
\$3 each	1	Online and stationery shops	Choose a coloured masking tape that contrasts with the floor for greater visibility.
	1		Use an existing noticeboard.
	1		Choose a coin with different faces on each side.
\$5 for a pack of 50	1	Online and stationery shops	Secure the bamboo poles with the cable ties on the ladder toss ladders.
\$5 each	1	Online, sports and neighbourhood shops	Choose a coloured ball that contrasts with the environment for greater visibility.
\$120 each	1	Online and sports shops	If space is a constraint, please choose a net size based on the available play area.
\$3 each	1	Online and stationery shops	Choose a coloured masking tape that contrasts with the floor for greater visibility.
	1		Use an existing noticeboard.
	1		Choose a coin with different faces on each side.

# OVERVIEW OF ADAPTIVE SPORTS EQUIPMENT

(costs accurate as at July 2021)

S/N	Activity	Sports Equipment	Approximate Dimensions	Sample
4	Badminton (page 43)	Badminton racquets		
		Balloons		
		Badminton net	Length: 6.1 metres Width: 76 centimetres	
		Masking tape		
		Scoreboard		
		Coin		
5	Basketball (page 49)	Small rubber basketball	Diameter: 12.7 centimetres	
		Adjustable basketball hoop	Height: 1.2 metres	
		Masking tape		

Estimated Cost	Quantity	Where To Buy?	Remarks
\$15 each	8	Online and sports shops	Select lightweight racquets (about 75-79 grams).
\$15 for 50 pieces	1	Stationery, toy and party shops	The material of the balloon selected should be thicker quality to withstand hits. Choose balloons with colours that contrast with the environment for greater visibility.
\$120 each	1	Online and sports shops	If space is a constraint, please choose a net based on the available play area.
\$3 each	1	Online and stationery shops	Choose a coloured masking tape that contrasts with the floor for greater visibility.
	1		Use an existing noticeboard.
	1		Choose a coin with different faces on each side.
\$15 each	1	Online and sports shops	
\$90 each	1		
\$3 each	1	Online and stationery shops	Choose a coloured masking tape that contrasts with the floor for greater visibility.

# OVERVIEW OF ADAPTIVE SPORTS EQUIPMENT

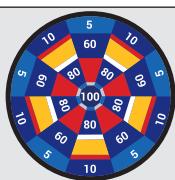
(costs accurate as at July 2021)

S/N	Activity	Sports Equipment	Approximate Dimensions	Sample
5	Basketball (page 49)	Scoreboard		
		Coin		
6	Boccia (page 55)	Boccia balls	Circumference: 270 millimetres Weight: 275 grams	
		Masking tape		
		Measuring tape	Length: at least 10 metres	
		Scoreboard		
		Coin		
7	Ten-Pin Bowling (page 63)	Bowling pins		
		Bamboo poles	Length: 2.1 metres	
		Bowling balls	Weight: 500 grams	

Estimated Cost	Quantity	Where To Buy?	Remarks
	1		Use an existing noticeboard.
	1		Choose a coin with different faces on each side.
\$200 for a set	1 set	Online and sports shops	Each set comprises a total of 13 boccia balls (2 sets of 6 balls and 1 "jack").
\$3 each	1	Online and stationery shops	Choose a coloured masking tape that contrasts with the floor for greater visibility.
\$15 each	1	Neighbourhood and stationery shops	
	1		Use an existing noticeboard.
	1		Choose a coin with different faces on each side.
\$40	2 sets	Online and neighbourhood shops	Each set comprises a total of 10 bowling pins.
\$5 each	4	Neighbourhood shops	
	4	Online and neighbourhood shops	

# OVERVIEW OF ADAPTIVE SPORTS EQUIPMENT

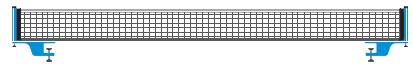
(costs accurate as at July 2021)

S/N	Activity	Sports Equipment	Approximate Dimensions	Sample
7	Ten-Pin Bowling (page 63)	Scoreboard		
		Masking tape		
8	Darts (page 69)	Velcro dart board	Diameter: 36 centimetres	
		Velcro balls		
		Masking tape		
		Scoreboard		
		Coin		
9	Disc Golf (page 75)	Disc golf basket	Height: 1.3 metres	
		Foam discs	Diameter: 20 centimetres	

Estimated Cost	Quantity	Where To Buy?	Remarks
	1		Use an existing noticeboard.
\$3 each	1	Online and stationery shops	Choose a coloured masking tape that contrasts with the floor for greater visibility.
\$15 each	1 set	Online and sports shops	Each set comprises a target and 3 velcro balls.
\$3 each	1	Online and stationery shops	Choose a coloured masking tape that contrasts with the floor for greater visibility.
	1		Use an existing noticeboard.
	1		Choose a coin with different faces on each side.
\$300 each	1	Online and sports shops	If the basket dimensions are not indicated online, select the basket with a "Professional Disc Golf Association (PDGA) approved" sign to purchase a basket of the suggested height.
\$10 each	6		

# OVERVIEW OF ADAPTIVE SPORTS EQUIPMENT

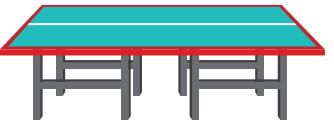
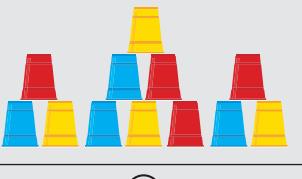
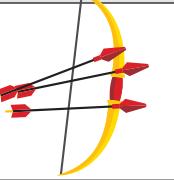
(costs accurate as at July 2021)

S/N	Activity	Sports Equipment	Approximate Dimensions	Sample
9	Disc Golf (page 75)	Masking tape		
		Scoreboard		
		Coin		
10	Javelin (page 81)	Foam javelins	Weight: 70 grams	
		Scoreboard		
		Measuring tape	Length: at least 10 metres	
		Masking tape		
11	Table Tennis (page 87)	Table tennis racquets		
		Table tennis balls		
		Table tennis net	Length: 1.83 metres Height: 15.25 centimetres	

Estimated Cost	Quantity	Where To Buy?	Remarks
\$3 each	1	Online and stationery shops	Choose a coloured masking tape that contrasts with the floor for greater visibility.
	1		Use an existing noticeboard.
	1		Choose a coin with different faces on each side.
\$25 each	6	Online and sports shops	
	1		Use an existing noticeboard.
\$15 each	1	Neighbourhood and stationery shops	
\$3 each	1	Online and stationery shops	Choose a coloured masking tape that contrasts with the floor for greater visibility.
\$20 each	2	Online and sports shops	
\$2 for 6	1		Choose coloured balls that contrasts with the environment for greater visibility.
\$20 each	1		This can be used on existing tables.

# OVERVIEW OF ADAPTIVE SPORTS EQUIPMENT

(costs accurate as at July 2021)

S/N	Activity	Sports Equipment	Approximate Dimensions	Sample
11	Table Tennis (page 87)	Table tennis table	Standard length: 2.74 metres Width: 1.52 metres Height: 76 centimetres	
		Scoreboard		
		Coin		
12	Sport Stacking (page 93)	Table		
		Sport stacking cups		
		Stopwatch		
		Scoreboard		
13	Archery (page 99)	Toy archery set		
		Target		

Estimated Cost	Quantity	Where To Buy?	Remarks
\$620 each (table with net)	1	Online and sports shops	If space is a constraint, use any suitably sized table to play.
	1		Use an existing noticeboard.
	1		Choose a coin with different faces on each side.
	1		Ensure that the table is wheelchair accessible. Suggest to use existing tables where possible.
\$15 for a set	2 sets	Online and sports shops	Choose cups that contrast with the table for greater visibility. Each set comprises 12 cups.
	1		Use a mobile phone or any timekeeping device.
	1		Use an existing noticeboard.
\$60 for a set	2 sets	Online and sports shops	Each set comprises a target, bow and arrows.

# OVERVIEW OF ADAPTIVE SPORTS EQUIPMENT

(costs accurate as at July 2021)

S/N	Activity	Sports Equipment	Approximate Dimensions	Sample
13	Archery (page 99)	Masking tape		
		Scoreboard		
14	Wheelchair Racing (page 105)	Cones		
		Masking tape		
		Stopwatch		
		Scoreboard		

Estimated Cost	Quantity	Where To Buy?	Remarks
\$3 each	1	Online and stationery shops	Choose a coloured masking tape that contrasts with the floor for greater visibility.
	1		Use an existing noticeboard.
\$50 for 6 pieces	1	Online and sports shops	
\$3 each	1	Online and stationery shops	Choose a coloured masking tape that contrasts with the floor for greater visibility.
	1		Use a mobile phone or any timekeeping device.
	1		Use an existing noticeboard.

## NOTES

## NOTES



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