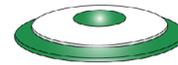


Ultimate Frisbee is an easily adaptable team sport that can be done with little to no equipment. Ultimate Frisbee focuses on communication, hand-eye coordination, teamwork and agility.



How To Play: The main goal of Ultimate Frisbee is to pass the frisbee from one player to the next while working your way down field to get a score in the endzone. As a player receives the frisbee, they must stay stationary while their teammates move around, signaling for a pass. When a team fails to catch the frisbee, the play is dead until the other team picks up the frisbee and resumes play. Players have no more than 10 seconds to pass the frisbee. A team scores when one of their players catches the frisbee in their endzone.

Making Appropriate Modifications



Child who uses a wheelchair

- Play on a hard, flat surface (basketball court, tennis court, concrete, etc.).
- Player will immediately stop chair upon catching the pass.
- If a player has difficulty catching, an adaption can be made that they receive the pass by allowing the frisbee to hit one of their big wheels.



Child with a visual impairment

- Play on a hard, flat surface (basketball court, tennis court, concrete, etc.).
- Player will immediately stop chair upon catching the pass.
- If a player has difficulty catching, an adaption can be made that they receive the pass by allowing the frisbee to hit one of their big wheels.



Child who uses a walker or whose balance is affected

- If available, use a scooterboard or sports chair for mobility or stability.
- Use a frisbee wrapped in a pool noodle.
- Walker: Fair catch can be made by the frisbee making contact with the walker.
- Balance: Fair catch can be made if the player's hand makes contact with the frisbee before it hits the ground.



Child with a hearing impairment

- Use simple gestures to indicate a short pass, long pass, etc. (e.g. - Point towards the ceiling/sky for a high pass or spread your wingspan for a long pass.)



Child with one-sided weakness

- If available, use a scooterboard or hemi-sports chair.
- Use a frisbee wrapped with a pool noodle.
- Fair catch can be made by making contact with the frisbee even if they do not catch it.
- Use simple commands to indicate where the pass is coming from.



More Adaptations

- Allow players to take 1-2 steps before passing the frisbee.
- Work on passing & spacing by keeping everyone stationary to start off.
- Increase difficulty or add an extra scoring component by adding a Kanjam target in the endzone.