

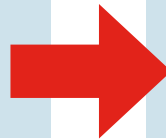


Learn how to adapt an activity by completing an activity analysis and determining what modifications are needed to make the game fun and inclusive for everyone involved.

Complete an Activity Analysis

Analyze the activity as it is typically performed.

- Consider the activity as it is traditionally carried out, without any modifications.
- Keep in mind the physical, cognitive, social, emotional and environmental requirements involved in the activity.



Analyze the activity with regard to the minimal level of skill required for basic, successful participation.

- Consider what skills are required for the most basic, but successful, involvement.
- This will ensure that all participants will most likely find the activity enjoyable.

Make the Appropriate Modifications

Keep the activity as close to the original as possible.

- Skills are less likely to be transferred to an inclusive setting when too many modifications are being made.

Modify only the aspect that needs adapting.

- The physical activity will remain the same, but equipment can be modified or the rules can be simplified based on participant needs.

Individualize any modifications made.

- No two people with a disability have the same adaptation needs.
- It is necessary to consider the needs of each individual participant when analyzing and modifying the activity.

Modifications should be as temporary as possible.

- Help the participant build the skills and knowledge to participate in the traditional version of the activity to the fullest extent possible.