**Adaptive Equipment**

The following is a list of equipment ideas that can be adapted to a student’s specific needs:

* **Balloons:** Balloons are an ideal weight alternative for playground balls. They can be used for any racquet sport to slow down ball movement. Bells can be inserted before they are blown up to assist students who are hearing impaired.
* **Batting tees:** Street-type cones can be substituted for batting tees. To develop a larger base for the ball to sit on, cut a 2 liter plastic bottle in half. Place the top of the bottle in the tip of the cone, like a funnel, and the cut portion can hold a larger ball.
* **Beach balls:** Beach balls are lightweight balls that are perfect for students who are afraid of traditional playground balls. Their color also helps with visibility.
* **Construction paper or poster board:** Paper or poster board can be cut into bases, footprints, targets, etc. Once laminated, they are sturdy and portable. This creates a way to customize color, size, or shape.
* **Cut hula hoops:** Jump ropes can be threaded through hula hoops that have been cut in half to create a jump rope that is visible and sturdy. The cut ends of the hula hoop can also be placed into cones, to create goals, obstacles, or targets.
* **Elastic:** Elastic can be tied to whiffle balls to create a retriever. Students then do not have to chase after the ball each time they hit it. Elastic can also be attached to birdies or balloons and tied to a racquet to allow continuous hitting.
* **Gymnasium floor tape:** This commercial tape can be used to mark boundaries or positions. Color coding assists the students in locating their area of play. Floor tape can also mark goals or baskets to assist the students in knowing where to kick or throw.
* **Foam noodles:** Noodles can be used as extensions, such as during a tag game. They can also be used as striking implements.
* **Gallon containers:** Gallon containers can be cut along the bottom, leaving the handle, and can be used as scoops. They can also be left intact and filled with rocks, sand, or rice and used as weights. Further, they can be used as targets, such as bowling pins.
* **Large trash bags:** Large trash bags can be filled with blown up balloons. This is light and large and can be used in place of an Omnikin Ball®.
* **Newspaper:** Newspaper can be wadded up, taped, and then used instead of fluff balls in throwing games. Newspaper can also be rolled up and taped and then used as an extension when a longer reach is needed, such as during a tag game.
* **Panty hose:** Panty hose can be cut about knee high and filled with rice or beans. These can be used instead of bean bags.
* **Plastic cups:** These can be used as pins during table top bowling. To make them larger, tape the open ends of the cup together. Use a tennis ball to knock them down.
* **Racquet handles:** These can be widened by adding pipe insulation padding around the handle then taped to secure it to the racquet. It is already precut and can slide right onto the handle. Grip tape can also be used to secure it.
* **Six pack plastic drink holders:** These can be tied together with yarn or string to make a net.
* **Velcro:** Velcro can be used to aid with gripping difficulty. Velcro can be added to gloves or wrist bands with the opposite side of the Velcro being attached to the object needing to be gripped.
* **Water bottles:** These can be filled with water, beads, and glitter. And a little rubbing alcohol to help keep the water clear. Oil can also be added along with food color if it is being used for sensory objectives. Hot glue the top. These can be used as weights or targets.
* **Wrist bands:** These can be used to indicate teams instead of pennies. They can also be used to teach game strategies, such as guarding the person on the opposite team who is wearing the same color arm band. They can also be used to identify right and left hands.

Silliman-French, Lisa, and Ron French. *Adapted Physical Education Manual of Best Practices: Administrative Guidelines & Policies*. Austin, TX: Texas Association for Health, Physical Education, Recreation & Dance, 2005., 2008. Print.