



School Resource Guide

Primary/Junior



**ONTARIO
PARA
NETWORK**

Excellence in Adaptive Sport



Our mission at the Ontario Para Network is to grow opportunities for participation in adaptive sports. As the governing body for wheelchair basketball, wheelchair rugby and wheelchair tennis in the province, we offer opportunities for athletes with and without physical disabilities to participate in recreational, competitive and high performance programs. We lead, develop, support and advocate for athletes, coaches and volunteers to build strong and inclusive sport communities. Together with our network of partners, we are committed to building a diverse and fully inclusive sport system.

Our school programs were launched in partnership with Wheelchair Basketball Canada to introduce students and teachers to the fully inclusive sport of wheelchair basketball. The program promotes inclusivity, accessibility, celebrates diversity and promotes a healthy and active lifestyle for people of all abilities.

We hope this resource provides you with fundamental information about the sport wheelchair and introduces you to some games and drills that can be played during your rental week. **Information in this guide was taken from the Spoke Skills resource - a comprehensive guide that can be provided to you upon request.**

Thank you for participating in our program! Please be sure to take plenty of photos and videos during your rental week and share them with us via Twitter or Instagram - @ONPARANETWORK

If you have any questions or concerns during your rental week, please contact us at schoolprograms@onpara.ca or 416-564-2185.

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Sport Wheelchairs

The sport wheelchair is a piece of sports equipment required to play wheelchair basketball. They differ from daily-use wheelchairs in several ways:

1. **Cambered Wheels:** The wheels sit on an angle rather than straight up and down. This gives the chairs greater stability.
2. **Anti-tipper Wheels:** The small wheels at the back of the chair also provide stability and allow the athlete to lean back without fear of falling back.
3. **Belts & Straps:** Most sport chairs come equipped with belts and straps which should always be used for safety.

Chair Fitting:

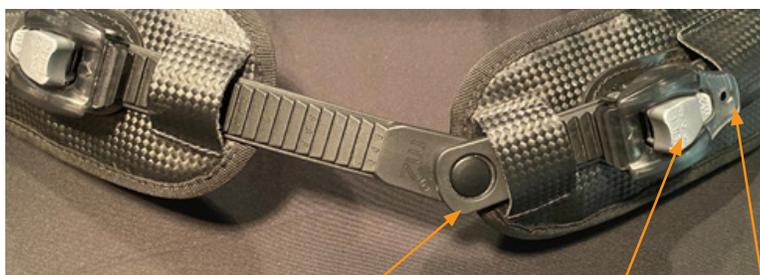
Sport wheelchairs come in a wide range of sizes. When students pick their chairs, ensure their hips and thighs do not rub against or touch the tires. If they do, please have them select a wider chair.



Sport Chair Front View



Sport Chair Back View



To remove belt, pull here while lifting the silver tab.

Lift here to REMOVE

Lift here to TIGHTEN

When securing the belt, ensure you hear 'clicks' when tightening the belt.

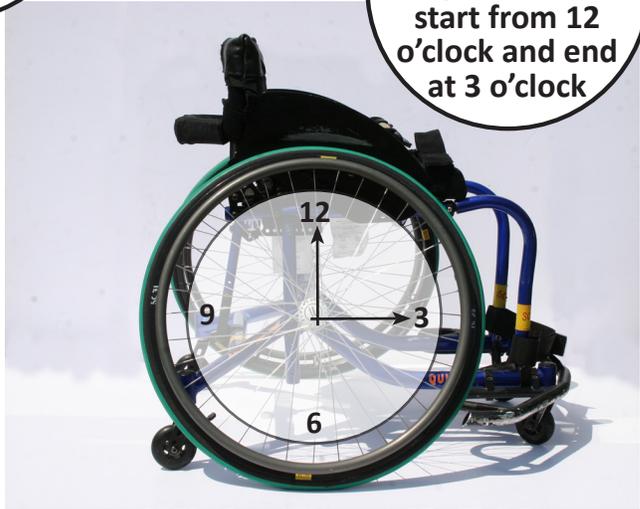
When removing the belt, lift just the silver tab. Lifting the lever will actually tighten the belt.

Getting Started



1.
Correct Hand Position
- grab push rim and tire
- thumb down
- 12 o'clock

2.
Think of the wheel as a clock
- a push should start from 12 o'clock and end at 3 o'clock



3.
Get Ready!
- correct ready position

4.
Turning
- use your body if able and lean into your turns



5.
Movement
- move your chair with your hips if able.



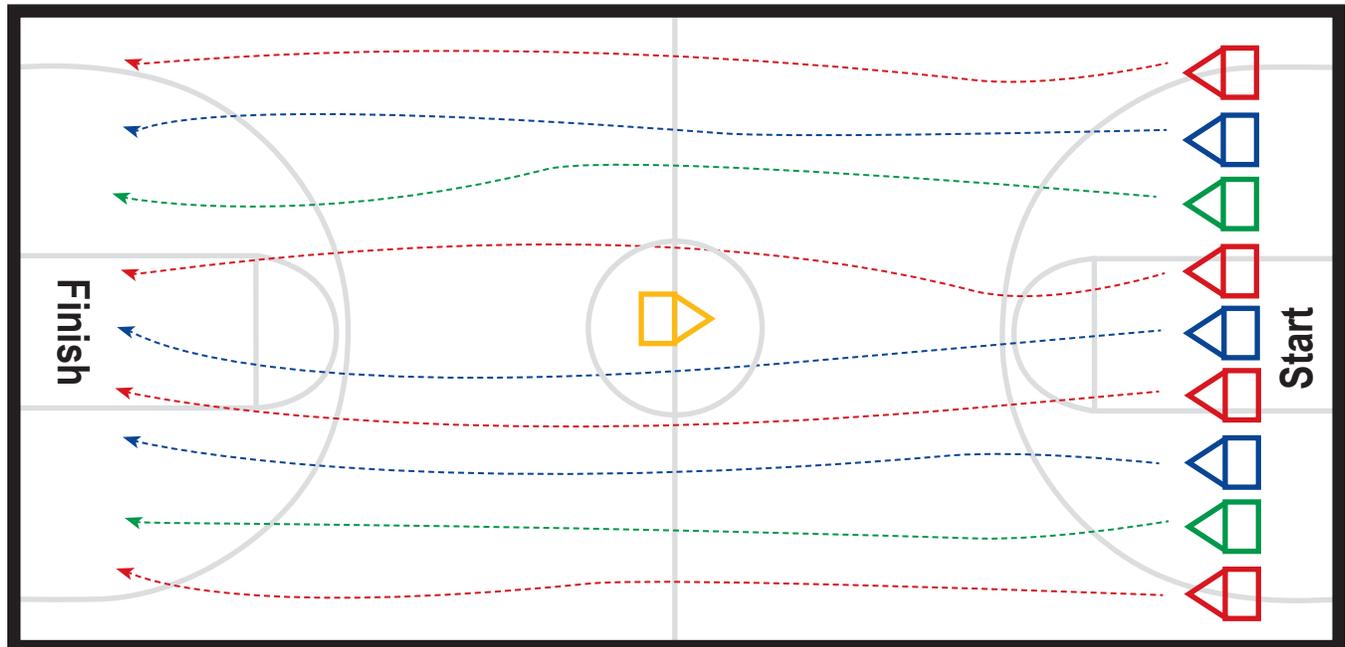
6.
Stopping
- lean back while pulling back on your wheels

Easy Level Activities



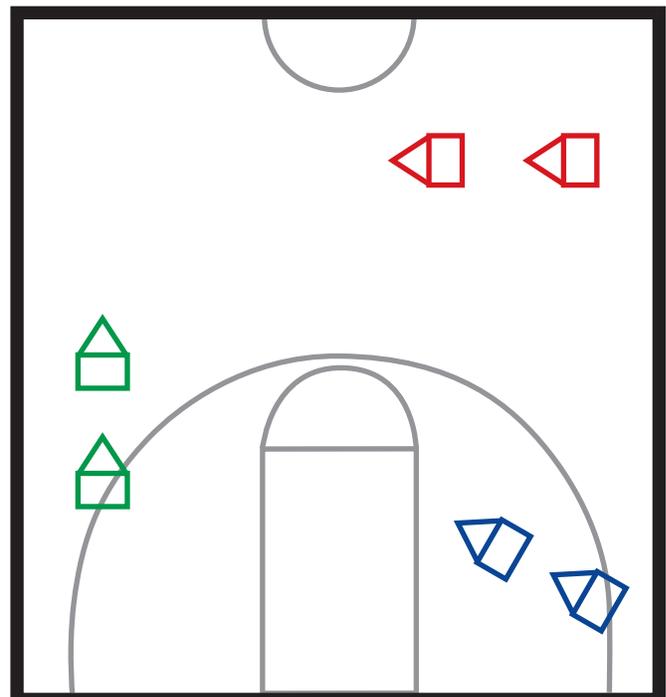
OCTOPUS

One student is “it”, the “octopus”. They will start in the centre circle while all the other players line up on the baseline. The octopus will shout “octopus”, and all the players must push to the other side of the gym without getting caught (tagged by the octopus) or leaving the court. The octopus can move throughout the entire court. Players who are caught will join the octopus at centre court to start the next round.



1 ON 1 TAG

Players match up with a partner of similar speed. One student will chase while the other student will flee. If/when tagged, the roles reverse giving their partner 3-5 seconds to get away. Players may go anywhere with a teacher-determined boundary such as the 3-point arc or half-court.



Did you know?

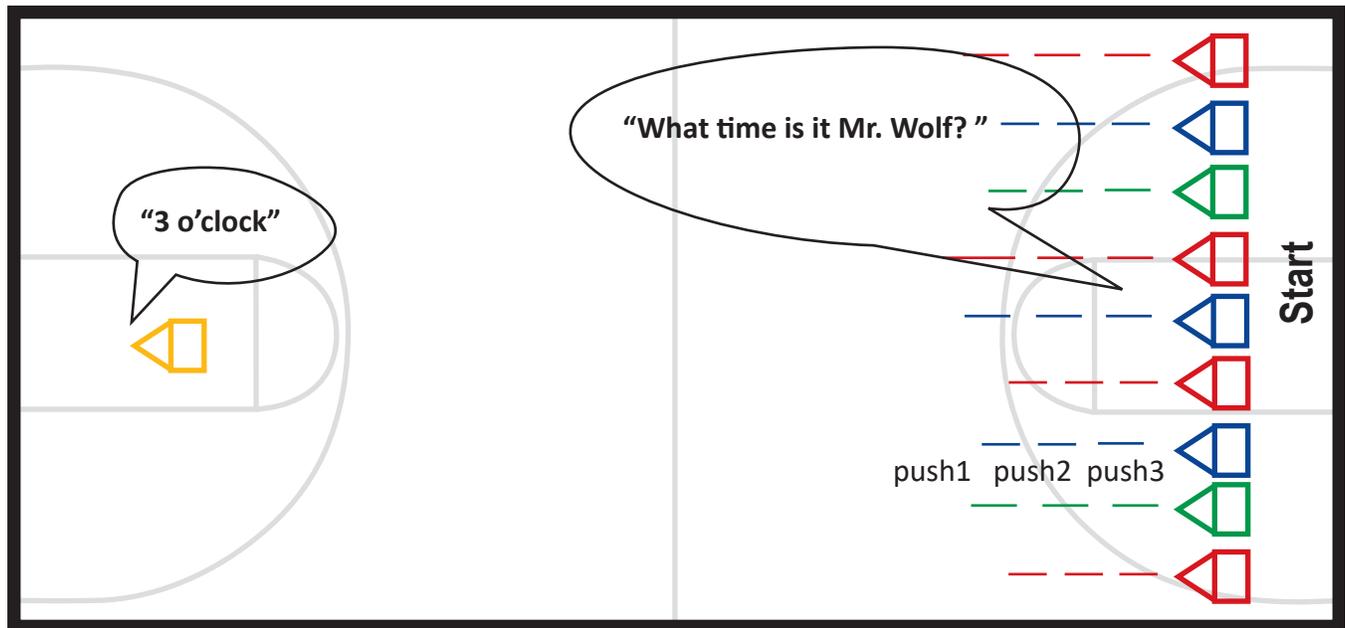
The rules of wheelchair basketball are virtually identical to stand-up basketball. The court dimensions, height of the basket and location of the foul and three-point lines are all the same.

Moderate Level Activities



WHAT TIME IS IT MR./MS. WOLF?

Choose 1 or 2 players to be the wolves. They will face away from the players lined up at the opposite end of the gym. The players call out, "WHAT TIME IS IT, MR./MS. WOLF?" The wolf/wolves will shout out a time between 1 & 12 o'clock. The number called out is the number of pushes of their wheels the players will take towards the wolf/wolves (for 9 o'clock push the wheels 9 times). Once the players get close to the wolf/wolves, they will answer, "LUNCH TIME" and turn and chase the players back to the start line. If players are caught (tagged) they become the wolves for the next round.



CONES & DOMES

Cones are set up in one half of the court, spread apart with half the cones standing up and the other half lying down. Students are divided into two teams. Both teams will line up on the opposite baseline of where the cones are. One team is attempting to knock all the upright cones "down", and the other team is attempting to stand them all "up". On the teacher's whistle both teams will start and will continue for a predetermined amount of time (90 seconds to 2 minutes). Cones should stay inside the playing area and should only be moved with players' hands. When time is up, have the students push back to the baseline and count the cones ("up" vs "down") and award a point to the winning team. Teams switch between up and down. Play to 3 or 5 points.





SAFETY CHECK:

Remind students to keep their heads up during all wheelchair sport activities so they can see where they are going and can communicate with their teammates! And don't forget to make sure their feet stay on the foot plate safely behind the foot guard and they remain firmly seated at all times.



Wheelchair Basketball Adaptations:

Adaptations:

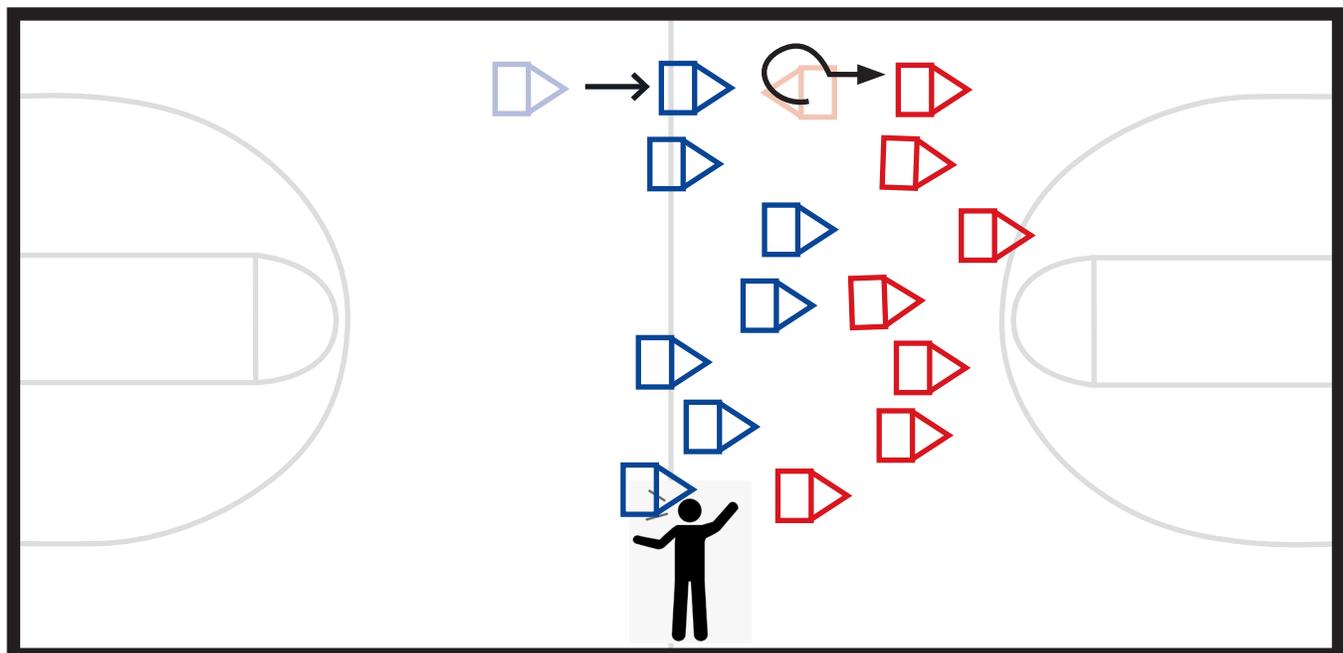
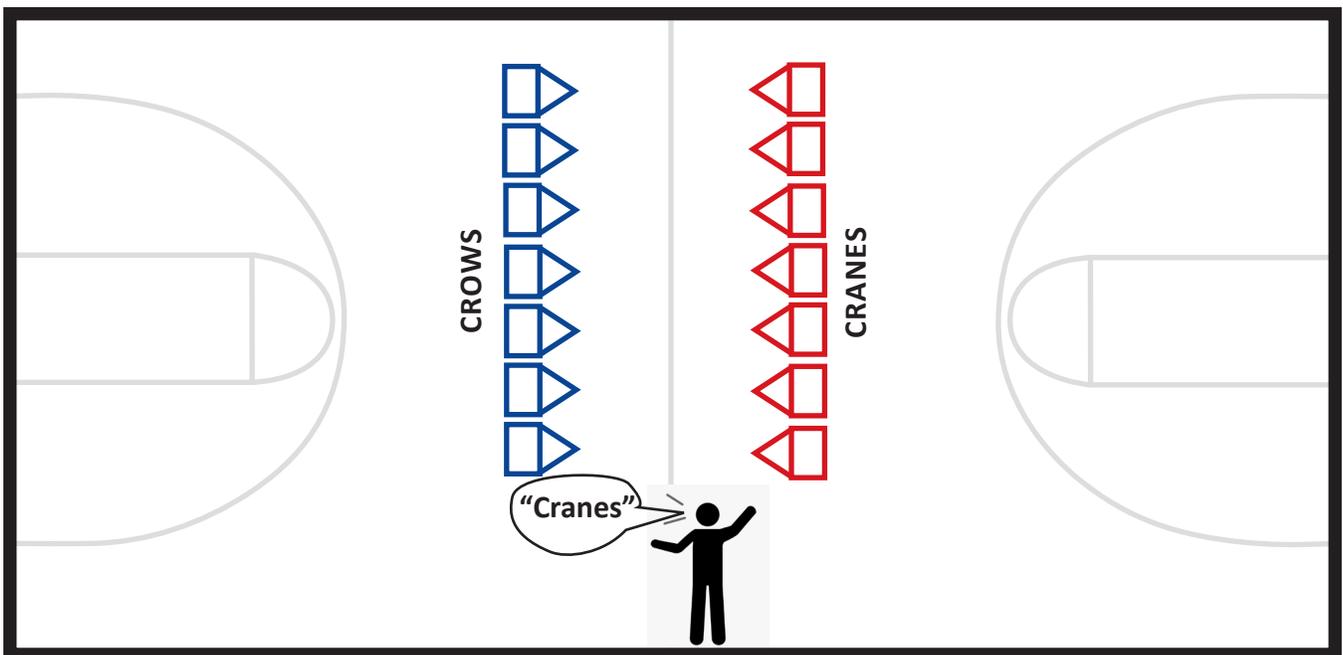
To adapt the game for students of various skill levels, you can place a hula hoop over the rim and count a basket when the ball passes through the hoop. You can also count a basket if the ball touches the net, rim or backboard if hula hoops are not available. A smaller basketball or volleyball can also be used to help students shoot more effectively.

Difficult Level Activities



CROWS AND CRANES

Athletes pair off and line up facing each other, a few feet on either side of the half court line. Call one line the “Crows”, and the other the “Cranes”. When the teacher calls a team name, that team turns 180 degrees and races to their baseline before the other team can tag them. If a student is tagged they will join the opposing team at the next reset. Teams will always reset at centre. “Crows” or “Cranes” can be called at random to keep teams on their toes!



KNOCK OUT

Each player starts with a ball and spreads out across half of the court. On the teacher's whistle, all players will start dribbling while moving around the area. While dribbling, players must also attempt to knock other players balls out of bounds. Once a player loses their ball and it goes out of bounds, they must collect the ball and attempt to make a shot on the opposite basket. Once they make their shot (or attempt, depending on the level), they may return to the game. After some time, start making boundaries smaller, or introduce an elimination style game to increase the challenge.



Wheelchair Basketball: Did you know?

A travelling violation occurs when a player takes more than two pushes of their wheels while in possession of the basketball without dribbling, passing or shooting. A player can push the chair and dribble the ball simultaneously, however if the ball is placed in the player's lap, they are only allowed to push twice before having to pass, dribble or shoot. The best way to avoid a travelling violation is for players to take two pushes, dribble once and then put the ball in their lap and repeat.

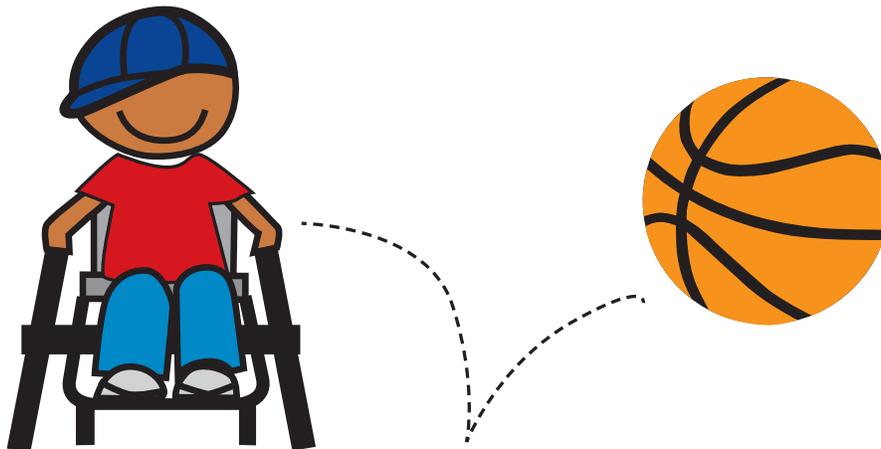
Bridging the Gap and Sport Wheelchair Rentals

Do you have a student who might benefit from having a sport wheelchair to use at school? Is one of your students interested in playing wheelchair basketball (or another adaptive sport) outside of school? Our Bridging the Gap coordinator can help!

Bridging the Gap is a national education and outreach program designed to help individuals with and without physical disabilities become aware of adaptive sport and recreation opportunities available in their communities. As the provincial delivery agent of Bridging the Gap, ONPARA offers "Have a Go" days, sport wheelchair loans and connections to community clubs/programs.

The Bridging the Gap program is funded through grants and donations.

To learn more about our Sport Wheelchair Loans program or if you would like to help your students get involved, please contact us by email at btg@onpara.ca or by phone at 416-426-7131.



Thank you for participating in our wheelchair basketball rental program. If you have any questions or concerns during your rental week, please contact us at schoolprograms@onpara.ca or 416-564-2185.

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