



# Home Skipping Inclusion Adaptations.

Taking part in the activity is the most important thing, use the suggestions below to adapt no matter who you are, or come up with your own adaptations!

Space	<ul style="list-style-type: none"> <li>• <b>Complete</b> the challenge sitting in a wheelchair, laying on the floor or sitting down.</li> <li>• <b>Make</b> sure you have plenty of space around you and adapt the activity to give yourself more time.</li> <li>• <b>Instead</b> of staying in one place it might be easier to move around. Can you perform the same task by stepping (or wheeling) over a variety of objects but perform the skill each time you do this? (For example tapping you feet on your foot plates every time you pass an object)</li> <li>• <b>Change</b> standing too laying on the floor and place you feet on a wall, the rope, pole object can them be dropped down the wall meaning you have to time it right each time to perform the task.</li> </ul>
Task	<ul style="list-style-type: none"> <li>• <b>Break</b> each task down, for example the double bounce can you tap your feet twice before a partner, parent or carer bring the rope/object back under you again. They will know the timing to challenge you but make the activity achievable.</li> <li>• <b>Think</b> what is the most important part of each challenge and practice that skill, it maybe that you don't use a skipping rope but something else such as a hoop or stick if it's more accessible.</li> <li>• <b>You</b> can change each task anyway you wish as you will know how best to do this, just make sure you come up with something that really challenges you.</li> </ul>
Equipment	<ul style="list-style-type: none"> <li>• <b>If</b> using a skipping rope is difficult use something thicker or stiffer, can the handles be adapted to make them easier to grip/hold onto?</li> <li>• <b>Trade</b> a pole or button for the skipping rope, a partner, carer or parent can move this object underneath your chair or body but you must still complete the skill.</li> <li>• <b>Use</b> equipment which makes a noise, coat a pole with tin foil or attach balloons filled with rice to make the activity sensory stimulating.</li> <li>• <b>Utilise</b> different equipment to walk over or step over as part of a sensory skipping challenge but remember to tap your feet each time.</li> <li>• <b>Use</b> your hands (or any body part) instead of your feet if this works for you!</li> </ul>
People	<ul style="list-style-type: none"> <li>• <b>Make</b> sure you get a parent or carer to help you with the activity if needed.</li> <li>• <b>It</b> doesn't matter how you change each activity but make sure you communicate with those helping you so they can record your success.</li> <li>• <b>Get</b> a helper to keep a log (or film) the activity is about you getting better and its always nice to see how you have improved as you practice.</li> <li>• <b>Share</b> what you have done with your SGO, many others will learn from you brilliant adaptations.</li> </ul>

Remember use **STEP** anyway you want, it still counts even if **STEP** has been used.