

~ Collaborative Grant ~  
**Instructional Plan / Lesson Plan**

**Instructional Area:**      Leisure      Daily Living  Community

**Ability Level:**    Emerging    Developing      Mastery

**Topic / Skill Outcome:** Student will improve wheeling skills while performing this activity.

**Graduation Standard**

Social Studies, Communication, Physical Education/Rec & Leisure, Math and Science

**Purpose of Lesson / Objective:**

To improve students wheeling and steering while the student steers and propels their chair through a variety of obstacles and destinations.

**Materials / Equipment / Environment:**

6 Cones or other markers

**Group Size:**    2-8

**Time Required:** 20 minutes/flexible

**Lesson Procedure:**

Arrange the students in groups of 2. Have the groups face one cone an equal distance away for each team. The students are directed to wheel toward the cone, go around and come back letting their teammate go making this a relay race.

**Carry Over / Related Activities:**

Once the student is adept at wheeling, the obstacle course will change in difficulty. More stops, turns, length, etc.

Blindfold students and have them go through an obstacle course following verbal cues only.

Community outing to Rollerskating Rink.

**Supporting Activities / Possible Adaptations:**

Any wheeling activity, which combines movement into the lesson that help the student wheel the chair more proficiently would be a supporting activity. . One student can participate against a clock if they are alone. Have students hold onto hula hoop or rope. Have a peer push a student through an obstacle course.

**Strategies for Participation:**

Provide clear goals as to where the students are to wheel. Lots of encouragement. High fives when the student reaches the goal. Timing may be a factor or reinforcement in itself for the student. Record boards and personal bests should be used as reinforcers.

**Student Reaction / Evaluation:**

This depends a great deal on the student's ability. Higher functioning students may respond well to the "team" accomplishment and camaraderie. Others might respond well to breaking their personal records in a measured "wheel."

Timing log or Distance Log

"Play of the Day"- Students share a positive comment about the activity or peer.

**Lesson Support:**

(Introduction – lead in, background information, supporting concepts and activities – curriculum)

It should be noted that each student would have and be at different "wheeling" ability levels. The instructor should adapt each task or lesson to the student's ability and needs. The goal or objective of each wheeling lesson should to improve the student's overall mobility in Recreation/Leisure and everyday activities.