

Wheelchair Exercises:

<http://www.specialneeds.com/activities/mobility-limitation/activities-kids-exercises-children-wheelchairs>

Warm-Ups: Ball-tossing activities work the upper body and hand-eye coordination, and they are great activities for kids that also work on social and team-building skills. Many children in wheelchairs need to work on their upper body strength; another great idea is to put poly spots on the ground and ask children to hop or run to each spot, and children in wheelchairs can push their chairs to each spot. Weightlifting exercises can also improve the upper body muscle coordination and strength.

Wheelchair Dancing: Dancing can be an aerobic and social exercise. You can teach coordinated dance steps such as moving forward, backwards, and from side to side. You can also do “sitting down” dances that might also involve a lot of upper body movements. You can even try musical games such as musical chairs; place cards on the ground and move around to the music. When the music stops, kids must move the chair over a card; each round, take a card away just as you would take a chair away.

Races: Set up an obstacle course or a relay race for your children in wheelchairs. These race activities for kids give them a cardio workout and promote team awareness and sport. Obstacle courses might involve moving the chair around cones, or it can involve a task such as tossing a basketball into the hoop.

Parachutes: Parachutes provide a means for fun activities for kids. Moving the parachute up and down, coordinating the movement, or tossing balls onto a parachute and watching them bounce as the kids move it are motivating and exciting activities for kids.

Cool Down: It's important to cool down after physical activities for kids, and doing arm stretches would be a great idea for a cooling activity for kids in wheelchairs. You could also put on some background music and practice tracking with bubbles and let kids follow the bubbles or try to catch them with their fingers. Also allow children to try to blow bubbles, which also helps with respiratory function and breathing control.

<https://www.goodplayguide.com/2018/08/16/active-play-for-a-child-with-limited-mobility/>

Activities that involve music and singing can be adapted for children with varying mobility. Keep the Beat is a simple activity one child starts to keep a beat by tapping on a specific part of his or her body. Other children in the group then follow the action without words or discussion. The ‘leader’ points to another child and has that child start keeping the beat on a different part of the body.

Musical ball Hot potato, pass the parcel, musical chairs – you’re probably familiar with this one in some form! In this version, children pass a ball around the circle. When the music is stopped, the child holding the ball either gets a point or is out of the game (you decide!).

Seated obstacle race I found this activity on the Change 4 Life [Get Going – Active Ideas for Disabled Kids](#) list. The children are given a straw, a few small dried peas or another lightweight object, a cup of water and a snack. The race involves using the straw to blow the small object off the table or tray, eating the snack and then using the straw to drink the water.

Tennis Ball race In this activity, children start by sitting in a circle. The first child receives the tennis ball and is prompted to pass it to the next child in the circle. After the second or third child receives the first ball, a second ball, of a different colour, is introduced. The object is to pass the second ball faster than the first so that one child ends up with both balls.



Bocce (“Bot-chay”)

Try out a game from the Special Olympics! **Bocce** involves rolling game balls near a target ball, called a jack. The person who gets their game balls closest to the jack wins.

Bowling Whether it entails a trip to the local bowling alley (perfect for a rainy day) or a game of boules in the garden or on the beach, bowling is a game that is fun for all!

Bean bag toss All you’ll need for this one is some containers and beanbags. Label each container with a score – for example, smaller containers and those further away from the launching spot would have a higher point allowance. Get your child to throw the bean bags into the containers then add up their scores. They can play on their own and try to beat their last score, or play against friends and siblings for a bit of competition!

Scavenger hunt Find an area where the terrain is accessible for all the children taking part, such as a park or town. Give them a list of objects to find or photograph, then have them search the area alone or in pairs/teams.

Conclusion

Active play has enormous benefits for children. As well as improving health and wellbeing through exercise, active play builds confidence by letting children push their skills to the limit.