



STEP 3: TOOLS AND RESOURCES

Sample Strategies for Adapting Games for an Intramural Program

Most games can be adapted for a variety of spaces, number of participants and to suit the skill level of all participants. To adapt games or activities for your intramural program, consider the following:

- ✓ change the size of the playing area making it smaller or bigger or a different shape
- ✓ change the boundaries of the space (always keep safety in mind to avoid walls or uneven surfaces outside)
- ✓ change the number of players who can be on the court, field, and in the activity space at one time
- ✓ include players on the sidelines or end zones as part of the play to maximize participation
- ✓ adapt the equipment for the size and skill of the participants (e.g., the size of the ball, the size of a stick or bat)
- ✓ change the goal (e.g., use a bucket, a hula hoop or multiple goals)
- ✓ use a smaller or bigger target
- ✓ add more equipment to the game so more participants make contact with it
- ✓ change the way the participants pass to each other - with hands, with feet, with both
- ✓ adjust the rules (e.g., number of bounces, number of touches on the object, number of steps with the object) to meet the needs of players with diverse skills
- ✓ adjust the scoring system to emphasize teamwork and cooperation
- ✓ increase the cooperation and teamwork needed to succeed with the number of passes, number of participants who must receive a pass, or follow an established sequence of passes before attempting to score on a goal
- ✓ have participants identify their own ways of adapting the activity to maximize the challenge and the fun