

## Black Holes, Spinning things and Strings: Equipment for Engagement

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Students with autism spectrum disorder have very unique interests and sensory preferences. Using those interests to purposely select pieces of equipment and activities is a key to instructional success and student learning. Come and enjoy some fun equipment and activities that engage students with ASD in play and physical activity. The focus of this session will be on unique equipment/innovations that encourage play and interaction.

### **...great equipment for engaging students with autism in physical education activities**

**Medicine balls:** HEAVY balls...use for tossing and catching, rolling, and kicking

**Exercise balls:** fun for bouncing, relaxation, and exercise....also fun for kicking and catching

**Pop up cubes and Playhut pop up play structures...**fun for hiding and playing

**Fun laundry hampers:** good place to put things away or HIDE!

**Juice bottles with clothespins or small balls inside**

**Use clear plastic peanut butter jars to hold high interest balls...**

**Deck tennis rings:** Throwing, catching and ring toss

**Coop bands:** Group exercises, High 5's and scooters

**Balloons, garbage bags, flyswatters and paint stirrers:** beginning striking

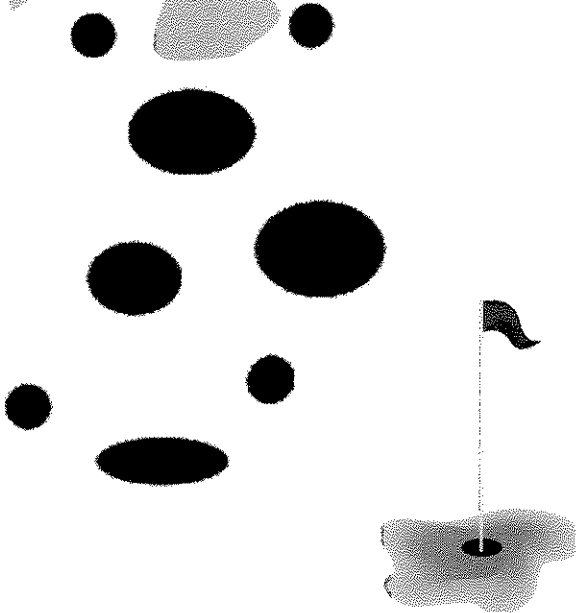
**Stomp Rockets**

**Ball Stomp's**

**Beamo's or whoosh rings**

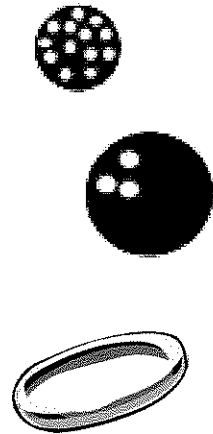
**And Much More!**

## If the student is INTO BlackHoles

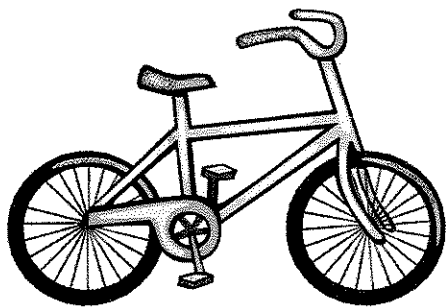


## TRY...

- WhiffleBalls
- BowlingBalls
- BilliardTables
- MarbleMazes
- TennTube
- Tubes
- Aerobies
- Whirlers
- Funnels
- InnerTubes
- PuttingGreenswithHoles/Yolf
- DeckTennisRings
- Hoops



## Wheels

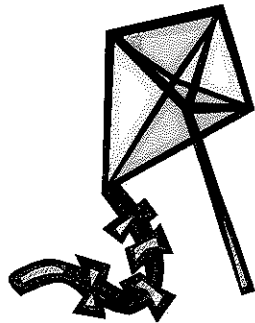
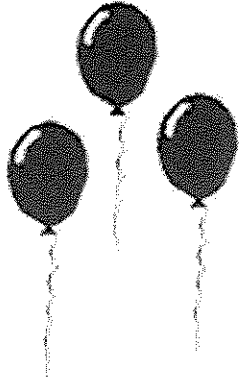


- Tricycles,Bicycles
- TandemBikes
- Scooters
- Wagons
- StationeryBikes
- Wheelercisers
- ToyCars/Trucks
- RidingTrucks
- RollerSkates/Blades
- RollerRacers
- Skateboards
- Scooters
- Land Paddles
- Go-Go Peddlars



If the student is INTO

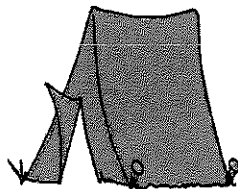
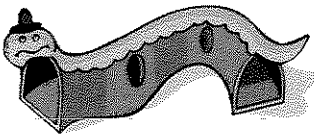
## Strings



## TRY...

- Nets(Volleyball&Basketball)
- Racquets
- JumpRopes/Scooter Tows
- FishingPoles
- GeodesicBalls/GrabBalls
- Pitch-BackNets/TchouckballNets
- RappellingRopes
- Kites
- Yo-yos
- HeliumBalloonsoonStrings
- KooshBalls
- SpiderBalls
- ClimbingRopes
- CatchingNets/MyKatcher/TeamKatcher
- CometBalls
- Lace-upSkates
- ZoomBalls/RocketJr.
- Zip-n-Hit
- FishingDipNets
- HairBalls/SpaghettiBalls

## SmallSpaces



- Boxes
- Tents  
Mats
- EquipmentCarts
- Tunnels
- FiberBarrels
- BodySox
- Pop-UpCubes



If the student is INTO

## Spinning



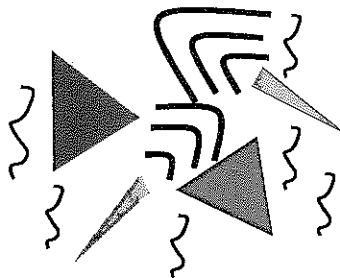
## TRY....

- Sit-n-Spin
- DizzyDisc
- CarnivalRides
- Tops
- DoodleTops
- Merry-Go-Rounds
- ScooterHelicopter Rides
- SnowTubeSpinning

## Spooner Boards Carpet Skates

- HammockSwings
- HandTurnedScooter
- Hoops

## Reaction



- Push-n-GoToys
- BounceBackNet
- StompRockets/SqueezeRockets
- StompNLaunch
- BopBags
- Squeeze NoiseMakers
- Beanbag“SillySlammers”

## Jumping



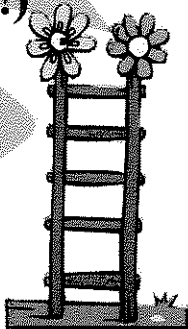
- PogoSticks/AirPogo
- JumpDown
- GymnasticStudio: Tramp, Spring loaded floor
- HippityHops/Fitness Balls
- PotatoSacks
- JoggingTramps/Trampolines
- WeightedJumpRopes
- SplitRopes
- SpringBoard(diving)



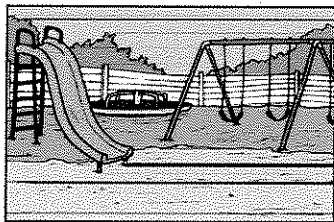
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If the student is INTO

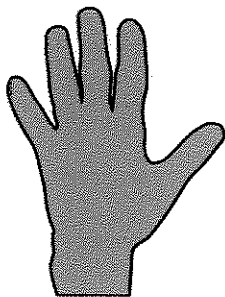
## Balancing (DANGER!)



## Vestibular Stimulation



## Tactile Sensations



## TRY....

- Balance Beams/Slack Lines
- Bicycles
- Tree Climbing
- Stilts
- Unicycles
- Ladder Climbing
- Balance Boards

- Park Swings
- Rope Swings
- Hammocks
- Glider
- Front Porch Swing
- Slides
- Elliptical

- Swimming
- Heavy Work: Mat Cars, Medicine Balls
- Toys that Vibrate
- Squeezers
- Massage
- Mat Sandwich/Bolster Roll
- Coop Band
- Parachute
- Large "Beanbag" Animals  
Snakes, Frogs...
- Inside Out Balls
- Spaghetti Balls



**If the student is INTO**

**Visually Interesting**

**TRY....**

- TornadoTubes
- GlitterTubes
- Ropelights
- GlitterBalls/GloBalls
- FringeFrisbee
- Liquid/SandTimers
- LightningBalls(lights)
- FlatHairBalls

