



Shriners Hospitals  
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# ALL-ABILITY GUIDE

The National Football League and Shriners Hospitals for Children® have teamed up to create the **NFL PLAY 60 All-Ability Guide** so that no kid sits on the sidelines.



## **Welcome to the NFL PLAY 60 All-Ability Guide**

**T**he NFL has a long-standing commitment to promoting health and wellness for young fans through NFL PLAY 60. Unfortunately children with mobility-related conditions are likely to be less active than their peers, which can lead to lack of strength, obesity and other health issues. To ensure all kids have an equal opportunity to play, the NFL has teamed up with Shriners Hospitals for Children®, a recognized leader in caring for children with orthopedic conditions and spinal cord injuries, by providing an NFL PLAY 60 All-Ability Guide. The NFL PLAY 60 All-Ability Guide includes adaptive activities and tips so children with mobility challenges will have the opportunity to participate and pursue a healthy lifestyle. For more than 90 years, the staff of Shriners Hospitals for Children has been improving the lives of children, helping them overcome significant challenges and have the confidence to pursue their dreams. The NFL and Shriners Hospitals for Children are committed to giving children with mobility challenges the ability, self-confidence and opportunity to get active for 60 minutes a day.

## Why NFL PLAY 60 All-Ability?

- 89 percent of children with some level of disability attend public schools.
- Nearly 13 percent of students in public schools have some level of disability.\*
- Children with different physical abilities have a higher rate of obesity and BMI than their peers.\*\*
- Evidence shows that regular physical activity promotes significant health benefits to all children.
- By learning adaptive activities, more children will be able to lead an active lifestyle.

## Goals of NFL PLAY 60 All-Ability

- Include children who may not currently be able to participate in all physical activity events.
- Build confidence in children with mobility-related challenges, while giving them the opportunity to play alongside their peers.
- Be a proactive leader in the community to encourage and promote the importance of exercise and a healthy lifestyle for all children.
- Provide opportunities that demonstrate the value of teamwork.
- Encourage kids with mobility challenges to play 60 minutes every day.
- The NFL and Shriners Hospitals for Children encourages everyone to include adaptive and all-ability activities so that no child is left on the sidelines.



\*U.S. Department of Education, 2012 study <http://nces.ed.gov/fastfacts/>

\*\* Center for Disease Control, 2008 survey. <http://www.cdc.gov/ncbddd/disabilityandhealth/obesity.html>

# Sports Board Challenge

**Objective:** Push ball across numbered board to score points. Team or player with most points wins.

**Things you will need:** Broom, sports ball, tape, and a hard surface.

**Directions:**

- Use tape to create a board on a hard surface.
- Players take turns pushing ball with broom from starting line.
- Based on where the ball stops, the appropriate number of points are added together for score.

**Adaptations:**

- Move starting line closer to board if participants have difficulty with distance.
- Use larger-size ball.



# Ultimate Football Catch



**Objective:** Pass a football to teammates while moving toward the end zone without dropping the ball. If the football successfully reaches the end zone, without being dropped, six points are awarded. If a team drops the ball, the other team takes possession and activity repeats.

**Things you will need:** Football and tape to mark a field and end zone. Best if played on hard surface.

**Directions:**

- Mark off a “field” and “end zone” using tape.
- Divide group into two teams.

**Adaptations:**

- Replace football with either a larger-size round ball or use a soft football for easier handling.
- Use a buddy system and have a designated person push player in wheelchair.
- Allow one bounce of the football for those who have a difficult time throwing or are in a wheelchair, since it is more difficult to throw the football from a seated position.

# Fitness Stations

**Objective:** Move through a series of stations, completing designated exercises at each station. Track the number of repetitions that each individual can complete per station in given time. Recognize personal best, most improved, etc.

**Things you will need:** 8.5" x 11" sheets of paper, marker, ball, hard surface or court, whistle, and timer on phone.

## Directions:

- Set up stations with names of exercises written on 8.5"x 11" sheets of paper.
- Tape sheets to ground so participants know what activity occurs at each station. Consider placement of paper so it does not impede wheelchairs or other mobility devices.
- Suggested stations include:  
jumping jacks, sit-ups, arm circles in each direction, chin ups, toe touches, torso twists, throw a ball in the air and catch it, throw balls into target, overhead stretches etc.
- Suggested time: 30 or 60 seconds per station. Designate same time per station.
- Kids line up at each fitness station. Whistle blows to let kids know to move to next station/activity.

## Adaptations:

- Provide an option for completing all exercises while seated or for those with lower body ability only.
- Most of the above exercise can be easily adapted i.e.; jumping jack use arms or legs only.



# Quarterback Scramble

**Objective:** Scramble away and avoid being hit by a ball; similar to ball tag or dodge ball.

**Things you will need:** Soft football or rubber ball (vary size based on participant age) and tape to mark boundaries of game (if needed).

**Directions:**

- Identify boundaries of the game to participants.
- Organizer throws the ball in the air while calling out the name of a participant in the group.
- The person whose name is called runs to catch the ball, while everyone else “scrambles” away from the ball.
- The person whose name was called shouts “freeze” once they have possession of the ball. The person in control of the ball is the quarterback.
- The quarterback takes five steps toward someone and throws the ball to tag them. If the person is hit, they are out; if the ball is caught, the quarterback (thrower) is out; if the quarterback misses the person, the ball is live and anyone can grab it to be the new quarterback.
- Play continues until there is only one person left and they are pronounced the winner.
- No throws toward the head are allowed.

**Adaptations:**

- Adjust the number of steps based on the individual’s upper body strength.
- Multiple attempts to throw at someone could be offered if an individual is struggling with accuracy or control.
- Play in teams pairing able-bodied children with children with disabilities.



# Quick Tips

## Activity set- up:

- Move a target closer to make it easier for everyone participating, e.g., ring toss, basket, goal etc.
- Use larger-size or lighter-weight balls to make it easier for children with varying abilities to handle.
- Pair non-disabled individual (or designate a runner/kicker) with a child who may not be able to run or kick, to create and encourage teamwork.

## Site selection:

- Ensure there is enough space to maneuver wheelchairs. For example: place cones further apart on obstacle courses to accommodate wheelchairs or other devices.
- Consider the surface you're using for these activities. Hard surfaces like concrete or asphalt make it easier for kids with mobility challenges to maneuver.
- Check that the surface is dry and free of debris, to help ensure those with mobility devices can keep their balance.

## Communication:

- Speak directly to players with mobility challenges, rather than through a companion who may be with them.
- Ask the kids for suggestions on how a specific activity would work better for them. They know what works!
- Inquire if assistance is needed, but encourage kids to be independent.







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Shriners Hospitals for Children is changing lives every day through innovative pediatric specialty care, world-class research and outstanding medical education. Our 22 locations in the United States, Canada and Mexico provide advanced care for children with orthopaedic conditions, burns, spinal cord injuries, and cleft lip and palate.

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