



Walk and Roll to School

TIPS ON INCLUDING CHILDREN WITH DISABILITIES

Exercise is for *Every Body!*



Physical activity is important for the health of all children. Including children with disabilities in the International Walk to School event is fun and easy. NCPAD has a few helpful tips to make this event a success for everyone.

- Survey the walking/wheeling path for safety and accessibility
- Determine a reasonable distance to walk/wheel that is based on the child's ability
- Plan walking/wheeling or other physical activities on school grounds if the school route is unsafe or inaccessible...Be creative
- If children take the bus to school, plan in advance to have the school bus drop off the children 1-2 blocks from the school. A principal or designated school official can walk/wheel with the children to school
- Encourage interaction and social opportunities for children with and without disabilities by using the buddy system
- Children are full of energy and ideas. Ask for their input into planning activities that include children of all abilities
- Ask Adapted Physical Education teachers or Therapeutic Recreation specialists to adapt activities for students that may need accommodations
- Contact NCPAD for more suggestions on physical activity for children with disabilities at 800-900-8086 or www.ncpad.org

NATIONAL CENTER ON PHYSICAL ACTIVITY AND DISABILITY



www.ncpad.org
1-800-900-8086

