

LESSON 13

Scooter Rugby

Timing:
3-4 x 45 minute blocks



CROSS-CURRICULAR: Physical Education,
Career and Personal Planning

LEARNING OUTCOMES: Sample Grade 5, see p 76

OVERVIEW: This lesson provides a hands-on opportunity to learn about the game of wheelchair rugby while demonstrating sporting spirit and teamwork during simulated Wheelchair Rugby games.

CURRICULUM SKILLS / KNOWLEDGE / VALUES:

Students will:

- learn how to play a simulated game modeled after wheelchair rugby, which is a combination of basketball and rugby
- develop skills in passing, checking and teamwork while experiencing what it might be like to play a game that requires coping with limited mobility

TEACHING MATERIALS:

- gymnasium
- 8 scooters (4 per team*)
- 1 soft neon volleyball, soft regular volleyball, gator ball, or playground ball
- 4 traffic cones, benches
- painter's tape
- Scooter Rugby Rules (see Teacher Backgrounder)

* if the students are younger, 16 scooters would allow for 2 games to be played at the same time on the half court

Teaching Activities

- 1 Share the game of scooter rugby before going to the gymnasium. Discuss what it means to have limited mobility.
 - At the gymnasium demonstrate and have the students practise some scooter skills (e.g. mobility, handling the ball) as outlined in the Teacher Backgrounder. Play the game as outlined in the Scooter Rugby Rules in the Teacher Backgrounder.

SCOOTER RUGBY

The game is a modified version of wheelchair rugby and is played on either a full-sized or half-sized basketball court. There are two teams of four players. A goal is scored when a player in possession of the ball is able to touch or cross the opponent's goal line. The ball can be carried, rolled, dribbled, batted or, passed in any way with the hands only. Both ends of the court have an end zone or 'key' and a goal line. The centre circle is for the starting tip-off.

Mobility

- manoeuvring the scooter while seated using feet only; moving backwards, turning/pivoting, moving forwards
- starting and stopping on the scooter (no hands)

Handling the Ball

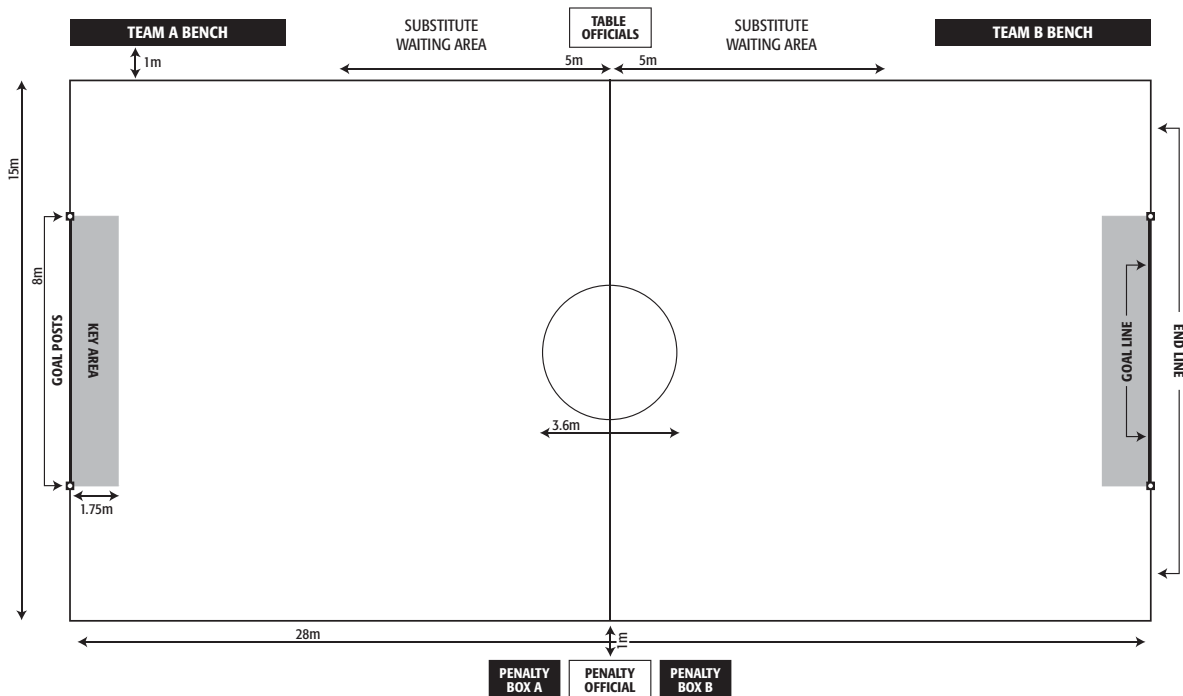
- picking up the ball while on the scooter; one handed pick-up (pressing against the edge of the scooter), two-handed pick-up
- passing and catching the ball
- dribbling, batting or rolling the ball
- carrying the ball in the lap while on the scooter
- blocking another player
- intercepting a pass
- batting the ball away from a player

Rules

- The game begins with a tip-off at centre circle.
- There are four quarters to each game. The quarters may be 3 to 5 minutes each depending upon the age and skill of the

players. There is a 1-minute break between quarters with a 2 minute break at half-time.

- Only the feet may be used to propel the scooter.
- Only the hands and arms may be used with the ball.
- Once a player has possession of the ball in the front court, s/he may not return to the back court while still in possession of the ball; a violation will result in a loss of possession and a throw-in from the sideline.
- There is a 5-second rule for carrying the ball in the lap; a violation will result in a loss of possession and a throw-in from the sideline.
- There is a 5-second rule regarding time in the key; no offensive player may be in the opponents' key for more



than 5 seconds; a violation will result in a loss of possession and a throw-in from the sideline.

- Only 3 defensive players may be in the key at any one time.
- Aggressive or rough play will result in a 1-minute penalty and the team will play with 1 fewer player. Rough play can be determined by the official or teacher but examples would include deliberately hitting or smashing into another player.

Variations:

- limit dexterity by using masking tape to loosely wrap players' fingers so all 4 fingers are taped together "mitt-style"
- players use only less dominant hand for passing
- have players "push" their partner on the scooter from behind — hands on shoulders.

Scoring

A goal (1 point) is scored when the player in possession of the ball crosses the opponent's goal line. To be in possession of the ball means the player is carrying the ball in the lap or with the hands so it is not in contact with the floor.

The Court

The court is essentially the same as a basketball court, with side lines, end lines and a centre line as well as a centre circle (see diagram). The key and goal line can be marked with painter's tape and cones. For the full court, the goal line is the centre 4m of the end line and the key is a rectangle of 8m x 1.75m. If desired, two games could be played side by side by dividing the court in half in which case the goal area could

be slightly modified for students. Each end of the goal line should be marked by a traffic cone.

Teams

A team may have only 4 players on the floor at any time. Depending upon the age of the students, this number could be adjusted to 6 or 8 to increase the activity on the floor. Other team members may be on the stage playing pass ball waiting for substitutions. Other ideas to keep waiting players busy includes:

- couch refereeing: with a partner take note of rule violation. Share orally or list on paper.
- sport broadcasting: to a partner who is blindfolded — colour commentary describing the play and action.

