

## Float-R™ Adapted Activity Guide

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### Introduction

**Float-Rs** float in the air with the slightest nudge and attract players like magnets because they're so much fun. This guide is designed to help you and your students get the most from your **Float-Rs** in an adapted environment.

### Activities

#### Ball Roll

Using their fingertips only, players work cooperatively to roll a **Float-R** around in a circle.

#### Train Roll

Players lie on their backs with their heads meeting in the center. The **Float-R** is rolled around the circle over players' bellies by the use of only players' heads.

*Variation:* Players bend their knees and place their feet flat on the floor. They raise their hands, palms up, at knee level to create a track on which the **Float-R** will roll around. (You may place 1 or 2 students inside or outside the circle to assist the movement of the **Float-R**.)

#### Feet Up

Every other player is placed in a reverse direction so that all players are hip to hip. Legs are extended straight up and only the players' feet roll around the **Float-R** in a circle.

*Variation:* The group may lay down side to side in a straight line and roll the **Float-R** back and forth. (Helpers can be used on either side to gently guide the **Float-R**.)

#### Back Rub

Students lay on their bellies, heads in, while helpers roll the **Float-R** around in a circle on their backs.

#### Prone Circle Pass

Students lay on their bellies, heads in and hands in front of their face. The **Float-R** is pushed back and forth across the circle. This is a great exercise for back extension and strengthening.

#### Group Volley

Players cooperatively volley the **Float-R** in the air. No player hits the **Float-R** twice in a row. Encourage the group to exceed previous number of continuous volleys or have them compete against the clock.

