



Rebound WA

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Disability AWARENESS

Supporting Possibility



Rebound WA is a charitable association assisting children and adults living with physical disability to lead fuller, more active and more connected lives. By helping them to explore possibilities in sport, recreation and life, and by connecting them to peer support and an active community, we assist people to rebound from adversity.

Wheel Life

Rebound WA offers schools, community and corporate groups a fun and interactive disability awareness program called Wheel Life. The program is designed to motivate and educate, whilst providing a practical understanding of what it is like to live with a physical disability.

Our program is very flexible and can be adapted to suit any group's requirements in terms of duration (1 hour through to full day), content (disability awareness focus or physical education) and venue.

The format

Wheel Life sessions are often facilitated by Paralympians and some of Australia's best Wheelchair Basketball players. Sessions vary in format and length however a standard session is held at the home of Rebound WA; the Herb Graham Recreation Centre in Mirrabooka, runs for 1 1/2hrs with the below format as standard

Introduction - 15min

Athlete will introduce themselves and run through their background (e.g. disability, involvement in sport, how wheelchair basketball differs from able bodied basketball, classifications in disability sport etc.)

Activity - 1 hour

Groups will be shown how to control their chairs through a progression of various warm activities such as relay races, British bulldog etc.

Groups will then move onto different drills and exercises with a ball in play, explaining how to dribble and working through different team exercises etc.

The session then finishes with informal games and matches.

Conclusion - 15 min

This is then the time for a Question & Answer session. It is important to ask any question at all, whether it be about disabilities or sport, our presenters have heard it all!

Q: What group sizes can we bring?

A: Groups of around 20 work best however we can certainly cater for more, though there may be additional costs.

Q: How do I book a session?

A: Contact us either on 08 6143 5800 or send us an email to admin@reboundwa.com



Frequently asked questions

Q: What is the cost of a session?

A: Please contact us for a quote as prices vary depending on location and duration of session

Q: Can we have a Wheel Life incursion to our school?

A: Absolutely, our program can certainly travel to a convenient location for you and your group as long as there's a suitable playing surface.

Q: What should participants wear?

A: Standard P.E/sports wear is most appropriate. Please ensure that participants wear closed in shoes and no jewellery.

Why our work matters

By choosing Rebound WA's Wheel Life program, you are directly supporting our Charity to assist people with physical disabilities to rebound from adversity.

People with physical disabilities face many barriers - both internal and external. They also have goals and ambitions just like everyone else. When they engage in sport and recreational activities they learn new skills, improve their physical and mental health, increase their confidence and resilience, make new friends and celebrate their achievements.