

# Wheel LIFE

## Disability Awareness Program for Schools & Community Groups

Interactive, Fun, Educational and Inclusive

If you are looking for something challenging, fun and a unique way for your students to experience the world of Disability Sport, then why not have a go at wheelchair basketball?

Rebound WA offers schools and community 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 Wheel LIFE program is very flexible and can be adapted to suit your requirements in terms of duration (1 hour through to full day), content (disability awareness focus or physical education) and venue.

A standard session held at the home of Rebound WA; the Herb Graham Recreation Centre in Mirrabooka, runs for 1 ½ hrs with the below format as standard

### Introduction - 15 min

- 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

- Ensure closed in shoes are worn and no jewellery
- 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.
- Groups will then be split into groups and will play informal games and matches

### Conclusion – 15 min

- There will then be time for a Q&A with the presenters.
- It is important to ask any question at all, whether it be about disabilities or sport, our presenters have heard it all!

To receive a formal written quote, please provide:

- ☐ An indication of dates, venue, duration and expected number of participants
- ☐ Requirements for any additional options or anything else we may be able to provide

The Wheel LIFE program can also be brought to your school, provided you have a suitable playing surface.

For bookings or enquiries, contact Rebound WA on 6143 5800 or [admin@reboundwa.com](mailto:admin@reboundwa.com)