MoveMojo®

Gamification

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The ADAPT IT guide

Game Adaptions	
	Area of play
	Duration
	Adjusted scoring
	Participants
	Tools

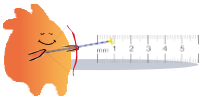
Individual Adaptions	
	Inclusion
	Teaching Style

Notes:

What is a Constraints-led approach?

Task Constraints:
Altering equipment
E.g. Use a bigger ball
or different colored targets.

Environmental Constraints:
Changing the space
E.g. Moving the target closer or making the distance smaller/bigger.



Individual Constraints:
Tailoring the activity based on the participant
E.g. Seated / Supported.

Notes: