

UNIVERSAL DESIGN ADAPTATIONS

MIDDLE (6-8)

Universal Design for Learning (UDL) is a strategy for eliminating instructional and environmental barriers for every member of a learning community in order to meet the needs of all students across the continuum of physical, intellectual, and emotional abilities. Although we acknowledge that it would be impossible to build one curriculum to meet the needs of every single child, we strongly believe that striving to maximize the active and meaningful participation for all students is a core responsibility of every educator.

OPEN has embraced this responsibility by working to create suggested Universal Design Adaptations that serve to act as baseline recommendations for modifying learning activities. The text *Strategies for Inclusion: A Handbook for Physical Educators* by Lauren J. Lieberman and Cathy Houston-Wilson provides the foundation for our work in this area.

All OPEN Roundnet activities include a short Universal Design Adaptation to serve as a practical example of how UDL can be applied in therapeutic and enrichment adaptations. The table below offers additional adaptations in an effort to move closer to the ideal of Universal Design.

Potential Universal Design Adaptations for Roundnet

Equipment	Rules	Environment	Instruction
<p>Ball Adaptations</p> <ul style="list-style-type: none"> ✓ Balloon ✓ Lightweight playground ball ✓ High-bounce foam ball ✓ Beach ball ✓ Volleyball or volleyball trainer <p>Net Adaptations</p> <ul style="list-style-type: none"> ✓ Make net larger ✓ Use two nets ✓ Remove the net 	<ul style="list-style-type: none"> ✓ Throw and catch instead of spikes and passes ✓ Allow the ball to bounce on the floor 1 time before requiring the 1st pass ✓ Play 1v1 with a 3rd player (skilled) as an all-time passer/setter 	<ul style="list-style-type: none"> ✓ Play with a small ball on an elevated surface (e.g., a table) ✓ Move the net into the corner of a room and allow the ball to bounce off the walls ✓ Play in the sand (Just like the pros do!) 	<ul style="list-style-type: none"> ✓ Provide ongoing verbal cues ✓ Use a variety of demonstrations ✓ Provide physical assistance ✓ Provide a peer tutor/mentor ✓ Use videos, graphics, and pictures as visual examples ✓ Provide individualized (one-to-one) instruction.