

## UNIVERSAL DESIGN ADAPTATIONS

**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 Circus Arts 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 Circus Arts

Equipment	Rules	Environment	Instruction
<ul style="list-style-type: none"> <li>✔ Allow students to choose from a variety of equipment choices.</li> <li>✔ Provide equipment of various sizes, weights, and textures.</li> </ul>	<ul style="list-style-type: none"> <li>✔ Focus on tossing and/or catching basics.</li> <li>✔ Allow students to use circus arts equipment in new, creative, and expressive ways.</li> <li>✔ Allow students to perform rhythmic activity with equipment with a focus on safe and balanced movement.</li> </ul>	<ul style="list-style-type: none"> <li>✔ Play music with a heavy beat, allowing students to feel the rhythm of the bass</li> <li>✔ Foster a supportive environment with positive language and interaction</li> </ul>	<ul style="list-style-type: none"> <li>✔ Use video demonstrations.</li> <li>✔ Provide ongoing verbal cues broken down with common mistakes</li> <li>✔ Use a variety of demonstrations with different angles</li> <li>✔ Provide physical assistance</li> <li>✔ Provide a peer tutor/mentor</li> <li>✔ Use graphics, and pictures as visual examples</li> <li>✔ Provide individualized (one-to-one) instruction.</li> </ul>