CREATIVE MODE
FITNESS

UNIVERSAL DESIGN ADAPTATIONS

LP HIGH SCHOOL

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 Creative Mode Fitness 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 Creative Mode Fitness Activities

Equipment	Rules	Environment	Instruction
• Provide mats for students to use during activities • Allow students to choose fitness equipment that meets their needs and provides an appropriate challenge	• Allow students to work at lower intensity levels • Use visual signals for class transitions • Change the duration of exercise sessions and provide additional periods of rest and recovery	• Change the size of exercise areas to accommodate for greater personal space needs • Use music to set a pace that is appropriate for student skill and fitness levels	• Provide ongoing verbal cues • Use a variety of demonstrations • Provide physical assistance • Provide peer tutors/mentors • Use videos, pictures, and graphics as visual examples • Provide individualized (one-to-one) instruction and feedback