

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 Pickleminton 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 Pickleminton

Equipment	Rules	Environment	Instruction
<ul style="list-style-type: none"> ✔ Provide paddles of various sizes, weights, and textures ✔ Provide a variety of objects for striking such as shuttlecocks, foam balls, etc. ✔ Provide tees, cones, strings, or other objects, allowing students to strike a stationary object 	<ul style="list-style-type: none"> ✔ Allow students to explore various ways of safely striking objects ✔ Minimize rules for each challenge, adding a rule after students show competency 	<ul style="list-style-type: none"> ✔ Foster a supportive environment with positive language and interaction ✔ Encourage cooperation and respect, discussing the importance of respecting the contributions of all students 	<ul style="list-style-type: none"> ✔ Provide ongoing verbal cues broken down with common mistakes ✔ Use a variety of demonstrations with different angles ✔ Provide physical assistance ✔ Provide a peer tutor/mentor ✔ Use graphics and pictures as visual examples ✔ Provide individualized (one-to-one) instruction