

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 Flag Tag 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 Flag Tag**

Equipment	Rules	Environment	Instruction
<ul style="list-style-type: none"> <li>✔ Use long scarves instead of flag belts</li> <li>✔ Use footballs of different sizes, weights, and textures</li> </ul>	<ul style="list-style-type: none"> <li>✔ Provide additional and/or larger “safe” zones</li> <li>✔ Allow students to perform locomotor and fitness skills of their choice</li> </ul>	<ul style="list-style-type: none"> <li>✔ Increase/decrease the size of activity areas</li> <li>✔ Use brightly colored boundary markers to mark the activity area</li> <li>✔ Use color-coded equipment to help with management</li> </ul>	<ul style="list-style-type: none"> <li>✔ Provide visual cues during the activity</li> <li>✔ Provide visual demonstrations of activities and skills</li> <li>✔ Focus instruction on 1 or 2 locomotor activities</li> <li>✔ Provide ongoing verbal cues during the activity</li> </ul>