

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 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.

The table below offers additional adaptations in an effort to move closer to the ideal of Universal Design.

Potential Universal Design Adaptations for Active Classrooms

Equipment	Rules	Environment	Instruction
<ul style="list-style-type: none"> ✔ Use a variety of different equipment types, including auditory balls, different textures, sizes, and weights ✔ Use brightly colored equipment ✔ Use equipment like cones and spots to create physical boundaries 	<ul style="list-style-type: none"> ✔ Allow students to modify rules to meet their own needs ✔ Modify group size based on the needs of students ✔ Modify boundaries (smaller or larger) 	<ul style="list-style-type: none"> ✔ Use visual start/stop signals ✔ Modify lighting and/or sounds in an effort to meet sensory needs ✔ Clear desks away to make room for specialized equipment 	<ul style="list-style-type: none"> ✔ Provide ongoing verbal cues ✔ Provide physical assistance ✔ Provide a peer tutor/mentor ✔ Use videos, graphics, and pictures as visual examples ✔ Provide individualized (one-to-one) instruction ✔ Use proximity strategies

Lieberman, L.J., & Houston-Wilson, C. (2009). *Strategies for inclusion: A handbook for physical educators (2nd ed.)*. Champaign, IL: Human Kinetics.