

# BEST PRACTICES

## 5 Best Practices for Universal Design for Learning in Physical Education

### 1. Flexible Instructional Strategies

- **Multiple Means of Representation:** Offer various ways to present information and instructions. For example, use visual aids, verbal explanations, and physical demonstrations to cater to different learning styles.
- **Equipment Options:** Utilize equipment that can be modified to suit different abilities, such as lighter balls, larger targets, or equipment that makes sound for visually impaired students.

### 2. Multiple Means of Engagement

- **Choice and Autonomy:** Allow students to choose activities that interest them and set personal goals. This increases motivation and engagement.
- **Varied Activity Levels:** Design activities with varying levels of difficulty so that all students can participate at their own challenge level. For example, offer both low-impact and high-impact options for cardiovascular activities.

### 3. Supportive Environment

- **Inclusive Language:** Use language that promotes inclusion and avoids singling out students based on their abilities. Encourage positive interactions and teamwork.
- **Physical Accessibility:** Ensure the physical space is accessible to all students. This includes ramps, accessible restrooms, and clear, uncluttered activity areas.

### 4. Ongoing Assessment and Feedback

- **Formative Assessments:** Use regular, informal assessments to gauge student progress and understanding. This can include observations, check-ins, and self-assessments.
- **Constructive Feedback:** Provide timely and specific feedback that focuses on effort and improvement rather than just performance. Encourage self-reflection and peer feedback to build a supportive learning community.

### 5. Professional Development and Collaboration

- **Continuous Learning:** Engage in ongoing professional development to stay informed about the latest UDL strategies and inclusive practices in physical education.
- **Collaborate with Specialists:** Work with special education teachers, occupational therapists, and other professionals to develop and implement effective strategies for students with diverse needs.