**UNIVERSAL DESIGN CHART**

**Universal Design for Learning** (UDL) is a strategy for eliminating instructional and environmental barriers for every member of a learning community 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 every need, 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 intended to 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 to move us closer to the ideal of Universal Design.

**Potential Universal Design Adaptations for Rhythm Fit**

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| --- | --- | --- | --- |
| **Equipment** | **Rules** | **Environment** | **Instruction** |
| * Provide routine sequence activity cards in large-print versions or project them for students * Provide noise canceling headphones to reduce the volume of noise the equipment will make | * Allow students to work in pairs and/or small groups as needed * Provide modified movements or equipment to make sure the activity is inclusive for all | * Provide visual cues and safety reminders throughout activity area * Ensure students with visual impairments are placed in the front of activity area | * Provide ongoing verbal and visual cues * Utilize peers as partners to assist with instruction and participation * Use pictures and/or videos for instruction * Individualize instruction as needed |

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