



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 Minute To Win

Equipment	Rules	Environment	Instruction
<ul style="list-style-type: none"> • Provide paddles, balls, and targets in a variety of sizes to help increase student success • Use bright and colorful floor markers to help students identify challenge courses and directions 	<ul style="list-style-type: none"> • Increase or remove the 1-minute time limit and allow students to work toward success with longer or no time restrictions • Minimize or eliminate scoring and focus on each individual success or learning opportunity 	<ul style="list-style-type: none"> • Create challenge activity areas with plenty of space for student movement and that <u>do not</u> put students on “center stage” to perform challenges 	<ul style="list-style-type: none"> • Use visual demonstrations with auditory instruction • Display diagrams and visual instructions whenever possible • Provide hand-over-hand assistance when necessary • Use auditory and visual start/stop signals

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