PHE MB Presentation

Exploring Universal Design in MY Physical Education

A group of teachers from Winnipeg School Division worked together during the 2024-2025 school year to explore inclusion and universal design in Phys Ed.

The learning supported creating tools and resources that allow all students to access movement learning opportunities and engage with their peers.

Google Slide from MTS PD Day Session

Below are tools and resources to support Universal Design teaching. Resources are organized by movement skill.

Kicking

1. Video/DIY

    - Soccer Plow

2. Modifications for Unit/lesson plans

    - Multiple objects to kick, various sizes, shapes, various targets. (football, soccer ball, rugby)
    - Chair Soccer (think foosball but students sit in chairs)

3. Equipment Link

    - Modified Soccer Kick
    - Plow for wheelchair (wheelchair soccer guards)

Striking

1. Video/DIY

    - Pickleball Zipline
        - We made this DIY even simpler by using a Skip-It/WhirlWind on a rope/double dutch jump rope attached between two badminton poles/fixed

positions

- Other DIY striking idea - All Play Frame
    - Video 1
    - Video 2

2. Modifications for Unit/lesson plans

    - Velcro equipment for catching/fielding, various heights of pylon/baseball tee for striking, small and large implements, type/size of ball, modify size of bases, visuals of key language

3. Equipment Links

    - Gopher Rainbow UltraSoft Paddles
    - WhirlWind

4. Other considerations

    - **Space:** having a wide variety of striking implements being utilized at once can be tricky. Designated specific spaces for implements in your gym can be helpful

Catching

1. Videos: Sports using the beeper/bell balls

    - Football 5-a-side
        - Paralympic Games explain football 5-a-side/blind football
    - Goalball
        - Canadian Paralympic Team explain goalball
    - Beep Baseball
        - Toronto Blind Jays explain beep baseball

2. Modifications for Unit/lesson plans

    - Velcro equipment for catching/fielding, offer various sizes/weights/material of balls, build the concept of moving your hands to catch by holding a hula hoop or basket and “catching” the ball with it.

3. Equipment Links

- Bull's Eye Catch Set
- InReach Beeper Ball
- InReach Bell Ball

4. Other considerations

    - **Safety:** using blindfolds and interacting with others who are not accustomed to not relying on sight (ex. appropriate body positioning during goalball, using verbal cues when attempting to gain possession of the ball in football 5-a-side).
    - **Etiquette:** spectators need to be silent during game play to allow players to hear the ball, coaches, and teammates.

Rolling

1. Video/DIY

    - Rolling Ramp

2. Modifications for Unit/lesson plans

    - Use a wedge mat to assist students with the skill of rolling. They can roll a ball down the ramp towards the target.
    - Can adjust the width of the bowling ramp to fit any size of ball.

3. Equipment Link

    - PVC Pipe Home Depot
        - The total price of making the rolling ramp was $60. The supplies were bought from Home Depot.
    - Rolling Ramp from Gopher

4. Other considerations

    - **Size of the target:** use large targets to achieve student success.
    - **Size of the ball:** make sure the size of the ball is small enough to fit in the student's hand

Bouncing

1. Video/DIY
    - Bounce a Ball
        - Use two plastic crates and tie together with cable ties. Place the crates on a scooter board and cable tie to the scooter. Take two bungee cords and

tie the volleyball trainer to the top of the crate. Attach to the wheelchair using gear ties that can be purchased from Princess Auto for $5.

2. Modifications for Unit/lesson plans

    - Can also use the same concept using the volleyball trainers and tie with ropes to badminton poles or other permanent structures.
    - Progression of skills: two hands bounce and catch, hand over hand assistance, two hands and bounce, sit in a chair, bounce off the wall, and progress to one hand.
    - Use visual markers, such as polyspots on the floor, as targets to bounce on.

3. Equipment Link

    - Volleyball Trainer

4. Other considerations

    - **Size of the ball:** appropriate for the level of the students.
    - **Weight of the ball:** Start with lighter objects such as a balloon or beach ball.
    - **Colour:** Use a bright coloured ball as a visual aid
    - **Texture:** Use different textured balls