

INCLUSION



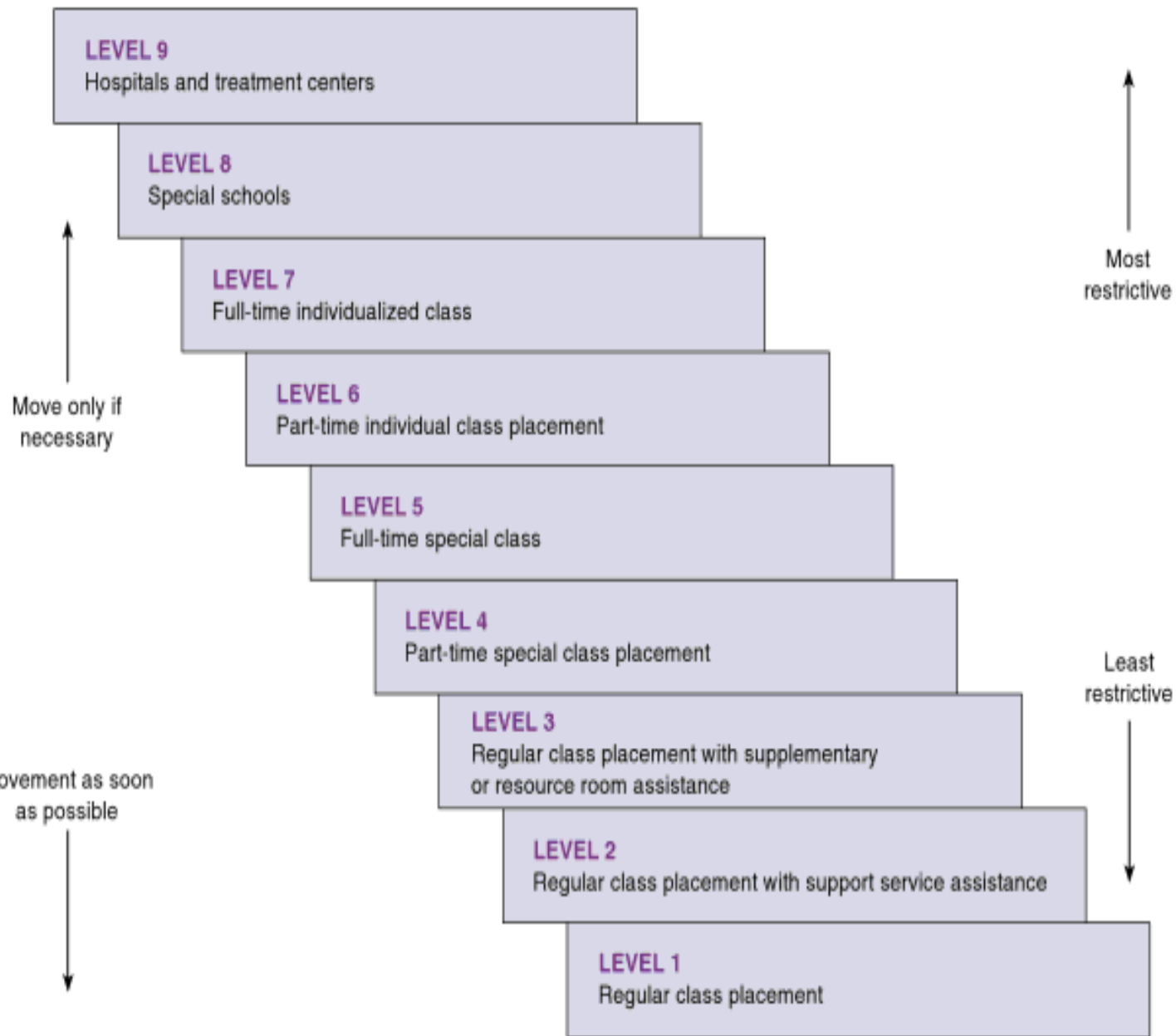
INCLUSION

- *‘Inclusion is a set of attitudes...provides a welcoming & supportive environment, respectful and appreciative of individual differences... in which ALL participate... regardless of gender, race, motor ability or disability’ (Craft, 1996)*
- Key foundation is the belief that a separate education may NOT be equal

[Theinclusionclub.com](http://theinclusionclub.com)

<http://theinclusionclub.com/resources/tic-videos-2/#1013-tic-videos/2418-edf-ad-from-france>





Continuum of alternative instructional placements in PE (Winnick, & Porretta, 2016)

INCLUSION IN SCHOOLS

- Inclusive Education in Alberta
- Outcomes of Inclusion... what do the research tell us?
- Inclusion and Physical Activity
- What is our role?
- Tools

The Physical Literacy Cycle

As the level of activity increase, so does the level of skill execution. The ability to perform increasingly complex physical tasks, tactics and decision making skills open doors to more physical activity opportunities, and the cycle continues!

Alert: Physical literacy levels need to increase if we want our kids to become active for life. Of particular concern is the gender gap (girls < boys) that begins to emerge around grade 4.

motivation

Participation in quality sport and physical activities lead by trained and caring adults increase **MOTIVATION** to stay active in a range of physical activities and/or sports

competence

Movement skills like running, jumping and throwing are the ABC's of movement that set the foundation for physical literacy

Caution: If a child misses out on learning a skill(s), they are less likely to participating in activities that require that skill

confidence

When kids have the skills to move, their confidence to participate in physical education, community and sport based physical activity increases

Food for Thought: Parents, coaches, leaders and educators all have a role to play in ensuring our kids have positive and appropriate sport and physical activity experiences at all levels



MODIFYING ACTIVITIES

THE STEADWARD CENTRE FOR PERSONAL & PHYSICAL ACHIEVEMENT

Ways to Modify Activities

Rule Modifications

- Amount of time
- Boundaries
- Direction
- Speed/time

Environmental Modifications

- Size or weight
- Temporal: planned vs. unplanned, structure, duration of instruction
- Physical: space, lighting, sounds, surface, temperature
- Psychosocial: goals of activity (team building, competitive, skill development)

Instructional Modifications

- Teaching style
- Type of feedback
- Type of demonstration
- Level of assistance
- Physical distance between leader/learner
- Participant variables

Equipment Modifications

- Size or weight
- Colour
- Texture
- Shape
- Sound

THE INCLUSION CLUB

- Inclusion 1
- <http://theinclusionclub.com/resources/tic-videos-2/#1013-tic-videos/2565-nicos-story>
- Inclusion 4
- <http://theinclusionclub.com/resources/tic-videos-2/#1013-tic-videos/2565-nicos-story>



REFLECTION & CRITICAL THINKING

- Is everyone engaged in the activity? Are they on task, following directions and expressing enjoyment?
- What is the skill being taught? Does the skill vary based on the mobility level of the child ie. Locomotion with walker, crutches, or wheelchair?
- Can I make any modifications to equipment or the environment to simplify or extend the game?
- What alternative cues or explanations can I provide that the child can relate to?
- Have I provided opportunities for choice?
- Although the skill is performed proficiently, is there an understanding of game play concepts and when to use these skills?
- Am I focused on what the individuals can do, and utilizing these strengths?
- Are specialized equipment or activity modifications necessary? Has the individual requiring modifications been included in making these decisions?
- Did I provide opportunities for peer to peer connection and interaction?
- Do you have the necessary skills and knowledge to include everyone in your program?

LET'S PLAY!

Activities:

- Balance skill
- Locomotor skill
- Object manipulation skill

RESOURCES

Move & Play... the Inclusive Way!

- The Steadward Centre & Be Fit For Life Network
- www.befitforlife.ca
- www.steadwardcentre.ualberta.ca

Ever Active Schools Resources

- www.everactive.org

FMS Active Start and FUNdamentals for Children with a Physical Disability

- www.phecanada.ca

PISE MEGA-document

ActiveForLife.ca

TheInclusionClub.com

Many others!