

Universal design



Planning for every participant

When planning and thinking of the activities that will engage participants and keep everyone active and included, we need to think of all the learners in our environment. This includes being aware of experience, ability, disability, injuries and many other facets of the individual learner themselves. To account for the diverse nature of a group setting, applying universal design principles during the planning stages of content development can assist in being able to adapt and modify activities to all learners and their unique characteristics and traits during the lesson.

What is universal design?

In order to offer an inclusive program, we can use a universal design framework to plan in advance any modifications to games and activities that may be relevant and present them to all participants. A universal design framework is a tool to progress and maximise the learning of each individual, and can create an accessible, meaningful and challenging experience for the learner.

Five principles of universal design for games and activities

The framework that PISE uses to plan for all

learners in our programs and activities utilises five principles of games and activities. These are:

- With purpose
- Always engaged
- Everyone included
- Progressive and challenging
- Fun

For more detailed information on these, please see the information sheet titled “Five principles of games and activities”.

By thinking of each of these principles for both micro (individual games) and macro (overall curriculum design) levels of physical activity, we can create inclusive experiences that have been thought out and created with intent to maximise the learning of the participants.

Inclusive facilitation

When teaching or facilitating the plan that has been created, the way you present the information is also critical to allow for an effective, inclusive environment. Each option, modification and adaptation should be presented to all participants and not just to those that it was ‘designed’ for. By doing this, we provide choice, the opportunity for exploration with the movement and the learner will understand what is appropriate for them.