



# Integrating Movement for All: Physical Activity and Youth with a Disability

# Today's Topics



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- ✓ Describe barriers to physical activity for youth with disabilities
- ✓ Describe strategies to implement inclusive classroom and virtual learning physical activity for youth with disabilities
- ✓ Learn about free resources and additional training from the National Center on Health, Physical Activity and Disability

# National Center on Health, Physical Activity and Disability

- National resource and practice center in health promotion, wellness and disability.
- NCHPAD is transforming communities by:
  - Providing resources to individuals
  - Promoting community and environmental change
  - Accelerating research to practice
  - Focusing national attention on the urgent need for inclusion

An infographic within a white box with a drop shadow. It features four stylized human figures: a red female figure, a blue male figure in a wheelchair, a blue male figure, and a red female figure. To the right of these figures is the text "61million adults" in large blue font. Below this, in a smaller blue font, is the text "—1 out of 4—live with a disability".

**61million adults**  
—1 out of 4—live with a disability

# Can you match the data?

61 million

38 %

36

6.6 million

States that do not have  
defined APE teacher  
qualifications

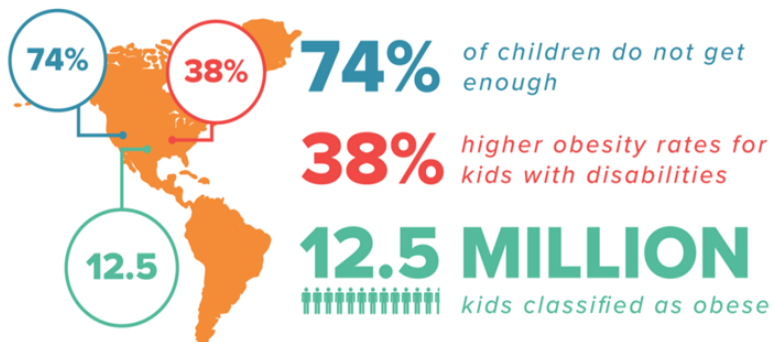
Adults living with a disability  
in the US

Children served under IDEA  
in public schools

Obesity prevalence for youth  
with disability

## DO YOUR KIDS GET ENOUGH?

### PHYSICAL ACTIVITY IN THE U.S.



**ALL Kids Need 60 Minutes of Activity a Day**

*but reality is.....*

<25% of children get 60 minutes a day

Physical activity is 4.5 times lower for children with a disability

Only 29% of children with a disability have P.E. classes 5 days a week

Overweight adolescents have a 70% chance of becoming overweight or obese adults.  
1 in 3 children born in 2000 or later will develop diabetes at some point.  
Since 1980, the number of overweight adolescents has tripled.

## PHYSICAL ACTIVITY CAN HELP



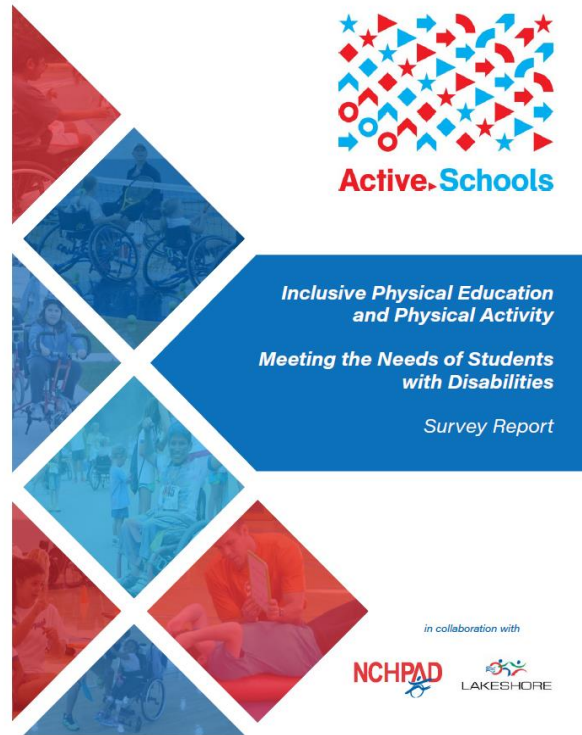
Physical Activity is for  
**EVERYbody**

NCHPAD

Source: <http://www.care2.com/causes/kids-with-disabilities-need-p-e-too.html>



[https://www.nchpad.org/fppics/NCHPAD\\_Active%20Schools\\_Survey%20Report\\_Final.pdf](https://www.nchpad.org/fppics/NCHPAD_Active%20Schools_Survey%20Report_Final.pdf)



# Inclusive Physical Education and Physical Activity: Meeting the Needs of Students with Disabilities Survey Report – April 2018



**Claire Jensen**

Research, Surveys & Reports



**Inclusive Physical Education and Physical Activity: Meeting the Needs of Students with Disabilities Survey Report – April 2018**

**Disability does not discriminate** – it cuts across racial, ethnic, age, socioeconomic status, and gender lines while involving various physical, mental, emotional, and/or sensory conditions.

**Inclusion in schools is not optional.**



# What is Inclusion? (school setting)

Inclusion assumes that all children, regardless of ability or disability, have the right to:

- Be respected and appreciated as valuable members of the school community
- Fully participate in all school activities
- Interact with peers of all ability levels with opportunities to develop friendships and learn and respect differences





# Disability Inclusion

Including kids with disabilities in everyday activities and encouraging them to have roles like their peers who do not have a disability is

*disability inclusion.*



# Barriers to Inclusion



- **Environment** – physical space and structures
- **Programmatic** – policies/procedures, training/professional competence, technology, equipment, materials
- **Attitudes** – our beliefs can lead to discrimination and implicit bias

# Inclusion Approaches

- Inclusive marketing/recruitment
- Peer support
- Adaptive equipment
- Materials in alternative formats and inclusive communication
- Inclusion assistants/aides
- Staff training for disability education
- Adaptations and modifications to activities
- Developing partnerships with community organizations
- Utilizing Universal Design for Learning approaches



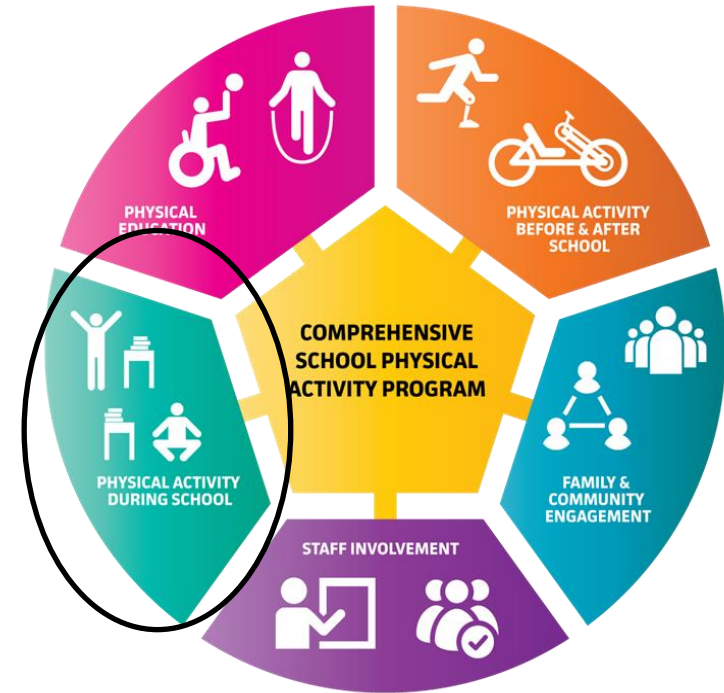
# Approaches for Inclusion in School Wellness and Physical Activity Initiatives Cont....

- ☐ Explicitly include people with disabilities.
- ☐ Ensure all elements of school wellness programs include children with disabilities.
- ☐ Require accessibility reviews of physical activity spaces, including all walking routes or connecting points to the school.
- ☐ Budgets should support adapted equipment if needed and appropriate incentives.
- ☐ Should promote variety of equal physical activities options with accommodations when needed.
- ☐ Require educational materials and messaging to be inclusive and available in accessible formats.
- ☐ Provide training for teachers and other school personnel on how to include children with disabilities in physical activity programs, recess, and active learning.
- ☐ Include healthy eating/nutrition goals and physical activity goals in Individualized Education Plans (IEPs).
- ☐ Involve parents/families/community in initiatives.



# Discover Inclusive School Wellness Toolkit

- ❑ A Guide to Inclusive Physical Activity Programs
- ❑ Action Guide
- ❑ Toolbox



<https://www.nchpad.org/1745/6891/Discover~Inclusive~School~Wellness~Toolkit>

# Top Tips for Inclusive Brain Boosters

- ❑ Involve students with disability and an adapted physical education teacher when selecting activities.
- ❑ Incorporate activity breaks into a routine.
- ❑ Be strategic about when to incorporate activity breaks. Use activity breaks before an exam, after a lunch break, or to break up a tedious topic.
- ❑ Looks for cues, such as anxiety patterns or lack of focus, from the students.
- ❑ Be familiar with students' abilities. If you are not sure about their abilities, do not be afraid to ask.
- ❑ Activities might be done from a seated position. Allow the use of mobility devices and ensure there is plenty room to move around.



# Video Break!

Brain Booster: Perimeter

[https://www.youtube.com/watch?v=RtuiV\\_YMZHU](https://www.youtube.com/watch?v=RtuiV_YMZHU)

Inclusive Minute to Win It Challenge

<https://www.youtube.com/watch?v=Izfk2dzYnt8>

# Top Tips for Inclusive Brain Boosters, Cont..

- ☐ Use pair, groups, or “follow the leader” activities.
- ☐ Use rhythmic or musical activities.
- ☐ Be patient and provide enough time to complete the task
- ☐ Ensure the environment is safe and free of clutter. Reorganize the room if necessary, but make sure that children with visual impairments are aware of the changes made.
- ☐ Use verbal and visual cues.
- ☐ Use demonstrations or modeling of movements before and during the activity.
- ☐ Select activities that are simple and do not require a lot of instruction.





# Video Break! Be Active and Follow Along

Inclusive Brain Booster for Youth

<https://www.youtube.com/watch?v=mfVs5kpcKvA>

8 Minute Workout (Inclusive)

<https://www.youtube.com/watch?v=q0ttPm8LSEk>

# Physical Activity During School

- Accessible play spaces
- Recess policies

Active Play!





# NCHPAD E-Learning



## Universal Design for Learning

According to the Center for Applied Special Technology (CAST), [Universal Design for Learning](#) (UDL) is a research-based set of principles to guide the

[Click to enter this course](#)



## IEP Roadmap

School physical education programs offer the best opportunity to provide physical activity to all children and to teach them the skills and knowledge

[Click to enter this course](#)



## Disability Education for Educators

Your interaction with students matters and it could play a role in their school success an help avoid tension. This

[Click to enter this course](#)



## Inclusive Brain Boosters

In this training, you will learn strategies to incorporate physical inclusive activity breaks (brain boosters) during class to improve health, wellness and cognitive

[Click to enter this course](#)



## Discover Inclusive Physical Education

Discover Inclusive Physical Education provides training to help educators to create an inclusive environment for

[Click to enter this course](#)

# Educators Focus Area Page



- Video playlist (Autism and Exercise)
- Trending topics
- Highlighted resources (guidebooks, factsheets, toolkits, etc.)
- E-learning training
- Quarterly Digest newsletter
- Expert Information Specialists



# COVID-19 & Distance Learning Specific Resources



Distance Learning at Home  
**RESOURCES FOR PHYSICAL ACTIVITY**

# Video Break!

Physical Education and Universal Design for Learning

<https://www.youtube.com/watch?v=mVGSZP4TjVY>

Lieberman-Brian Inclusion Rating Scale

<https://www.youtube.com/watch?v=LWpV3q0fO-w>

# Thank you! Connect with us

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