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# Removing Barriers in PE: Universal Design for Learning

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DOWN WITH PE
DOWNWITHPE.CA
EST. 2023

★★★★★★★

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# Land Acknowledgment

# Introduction

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# Agenda

01

Four Corners

02

Barrier in PE

03

#iHatePE

04

Universal Design of Learning

05

School Examples/Sharing

06

Exit Card

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01

# Four Corners

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I enjoyed my PE experiences in elementary school.

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I enjoyed my PE experiences in middle
&
high school.

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I am a physically active adult.

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Growing up, I had to overcome many barriers to participate in PA/Sport/PE.

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02

# Barrier in PE

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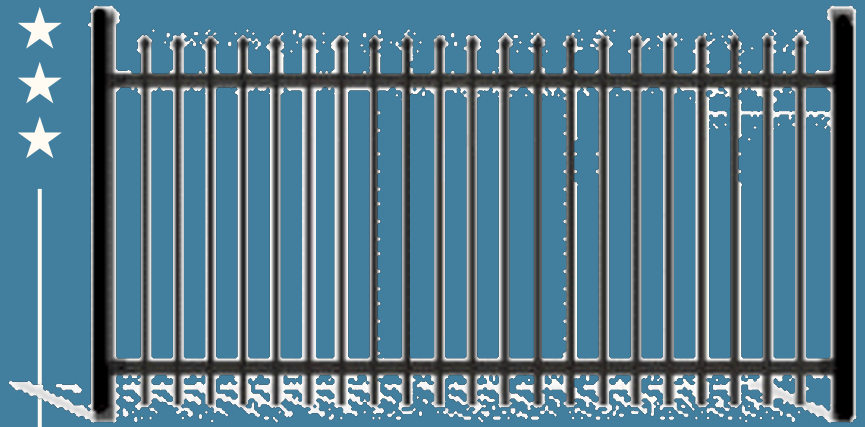
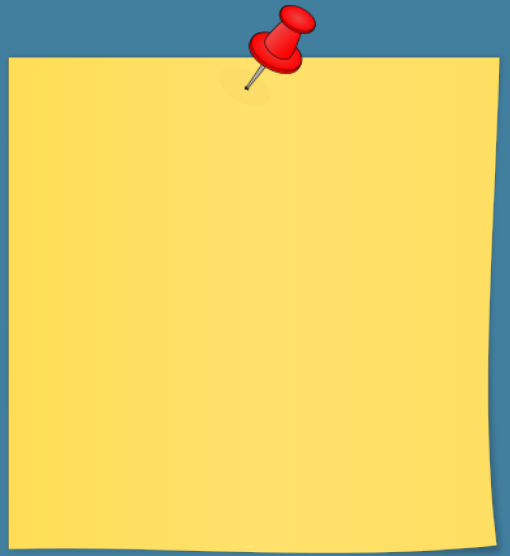
# Barrier in PE

On a sticky note, write down one common barrier for your own student(s) to participate and/or learn in Physical Education.





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03

# #iHatePE

**kayla mahoney** @kaylamahoney1 · Sep 27, 2012

waking up knowing I have to run the beep test in about an hour makes me not want to wake up **#ihatepe** #ruinsmymorning

#iHatePE

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**Brooklynn** @BrookeWhenry · Sep 17, 2013

The thought of gym tomorrow is literally killing me inside. #IHatePE

#iHatePE

**Kali Breeland** @kaliakagary · Jan 11, 2013

Dodgeball logic. : if you are a girl, have a ball, can catch, can't throw. You are a headshot... #ihatepe

#iHatePE

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**Lexi Baltrusch** @LexiBaltrusch · Dec 18, 2012

"Alexis! Get running!! You get a zero today for lack of effort! Youre overweight!" #Quoteyourteacher #ihatepe

#iHatePE

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**Christina ♡** @ChMariee_ · Apr 16, 2013

Never realized how big the baseball field was until I had to walk around it like 20 times. #Ihatepe

#iHatePE

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**Lauren** @lauren_gl1 · Oct 6, 2012

My eye still kinda hurts from getting hit in the face with a dodgeball.
#IHatePE

#iHatePE

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**Nivea Noreen Ann** @NiveaNoreen · Mar 7, 2013

PE today embarrassed me a lot. #IHatePE 😩😩

#iHatePE

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**ken** @makenawithonen · Aug 30, 2016

one more year of dreading bodyshaping 💖🙂 #ihatepe

#iHatePE

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@dareyalater · Jan 17, 2018

while every school is cancelled today, i have to run a mile through campus and everyone gets to watch me struggle :-) #IHatePE

#iHatePE

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**McKenna Gardner** @GardnerMcKenna · Jan 22, 2014

Having swimming tomorrow is causing me major anxiety 😭😲 #ihatepe

#iHatePE

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T ♥ @taminayeah · Feb 27, 2013

#LiesToldInSchool lying your so ill and you sit in medical room all p.e lesson cuz #iHatePE

#iHatePE

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04

# Universal Design for Learning

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# 03

"Design to the edges" (Rose, 2016)

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Every student is normal in every way, because variation is normal (Jung, 2023).

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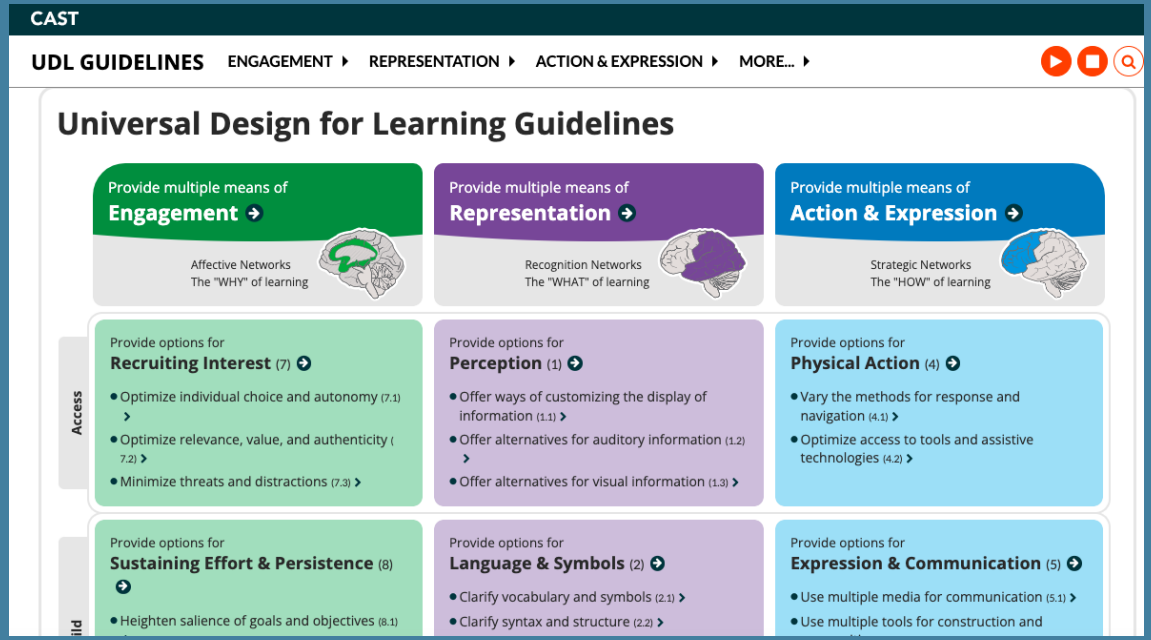
03




www.cast.org

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# 03

Get students excited

Reduce discomfort & distraction

Encourage risk-taking

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# 03

Provide multiple means of

## Representation

Recognition Networks

The "WHAT" of Learning

**How information is presented**

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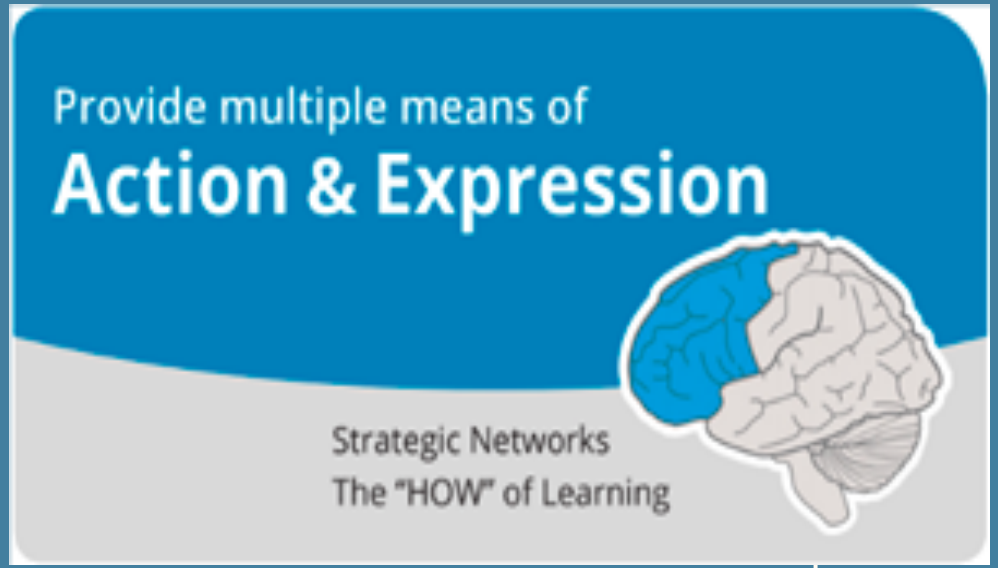
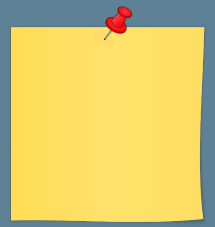
# 03

## Choice to express

## Assessment



# Original Sticky Note



Go back to that original barrier sticky note.

***Write on that same sticky note which UDL principle most aligns with your selected barrier.***

Engagement – Getting students excited; reducing discomfort & distraction; encouraging risk-taking.

Representation - How information is presented to students.

Expression – Gathering of evidence on what students know and what they can do.

# Disrupt Gender Binaries

## Reducing Discomfort

# Disrupt Gender Binaries

**Males 12+**

| | very poor | poor | fair | average | good | very good | excellent |
|---|---|---|---|---|---|---|---|
| 12-13 yrs | < 3/3 | 3/3-5/1 | 5/2-6/4 | 6/5-7/5 | 7/6-8/8 | 8/9-10/9 | > 10/9 |
| 14-15 yrs | < 4/7 | 4/7-6/1 | 6/2-7/4 | 7/5-8/9 | 8/10-9/8 | 9/9-12/2 | > 12/2 |
| 16-17 yrs | < 5/1 | 5/1-6/8 | 6/9-8/2 | 8/3-9/9 | 9/10-11/3 | 11/4-13/7 | > 13/7 |
| 18-25 yrs | < 5/2 | 5/2-7/1 | 7/2-8/5 | 8/6-10/1 | 10/2-11/5 | 11/6-13/10 | > 13/10 |
| 26-35 yrs | < 5/2 | 5/2-6/5 | 6/6-7/9 | 7/10-8/9 | 8/10-10/6 | 10/7-12/9 | > 12/9 |
| 36-45 yrs | < 3/8 | 3/8-5/3 | 5/4-6/4 | 6/5-7/7 | 7/8-8/9 | 8/10-11/3 | > 11/3 |
| 46-55 yrs | < 3/6 | 3/6-4/6 | 4/7-5/5 | 5/6-6/6 | 6/7-7/7 | 7/8-9/5 | > 9/5 |
| 56-65 yrs | < 2/7 | 2/7-3/6 | 3/7-4/8 | 4/9-5/6 | 5/7-6/8 | 6/9-8/4 | > 8/4 |
| > 65 yrs | < 2/2 | 2/2-2/5 | 2/6-3/7 | 3/8-4/8 | 4/9-6/1 | 6/2-7/2 | > 7/2 |

Reduce Student Discomfort

# Disrupt Gender Binaries

Reduce Student Discomfort

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Reduce Student Discomfort

# Maximize opportunities for students to respond and engage

Stimulate Students' Interests

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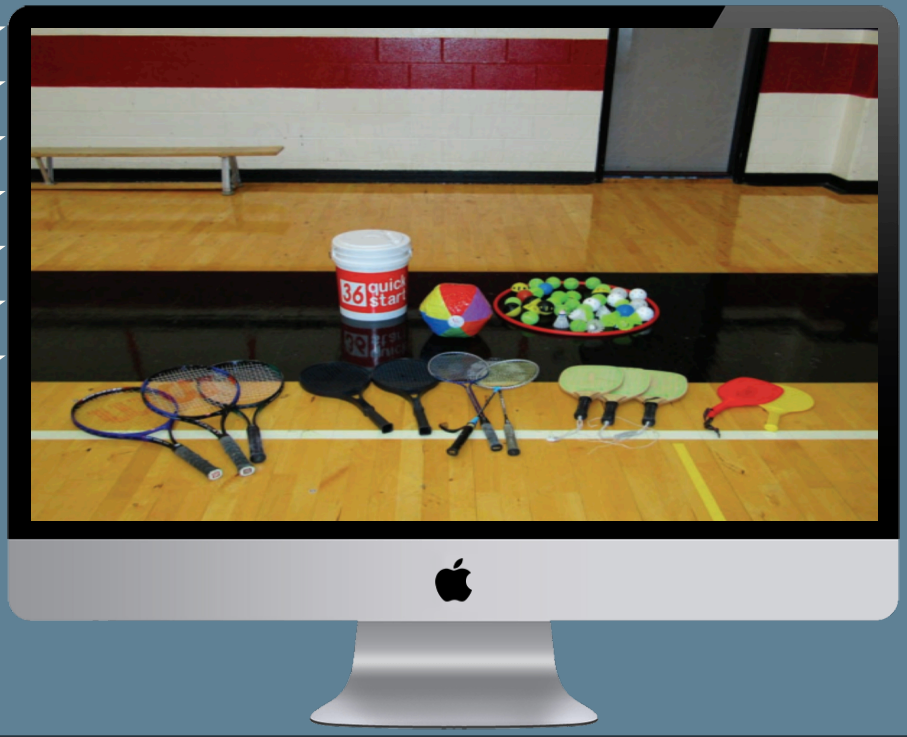
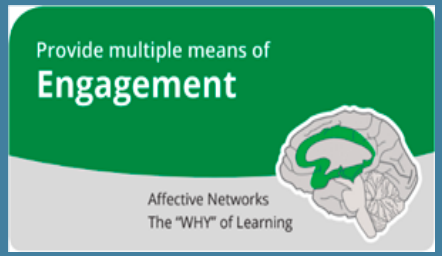
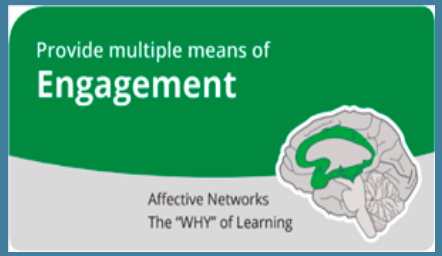


Stimulate Students' Interests



**Promote expectations and beliefs that optimize motivation**



**Optimize individual choice and autonomy**

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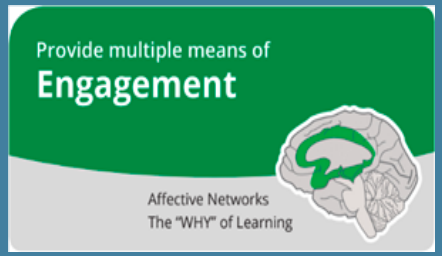

**Optimize relevance, value, and authenticity**

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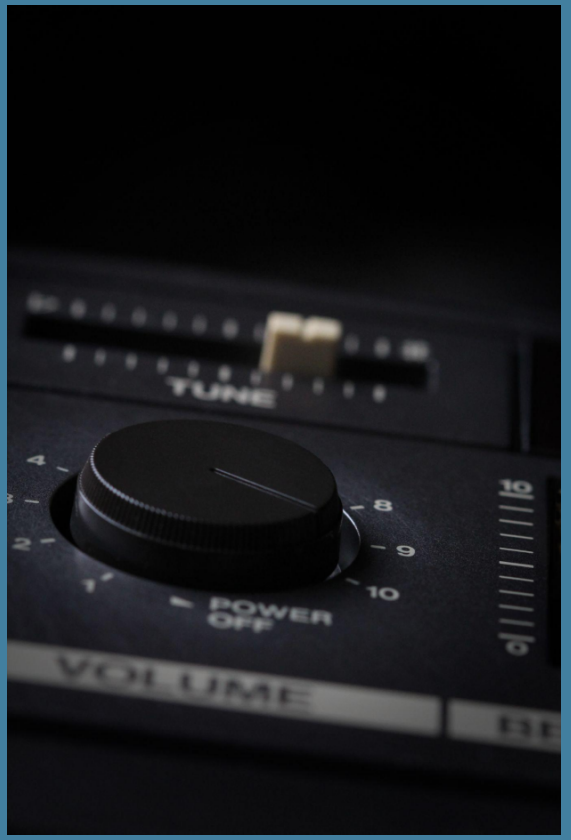
# 03




## Minimize Threats & Distractions

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**Vary demands and resources to optimize challenge**

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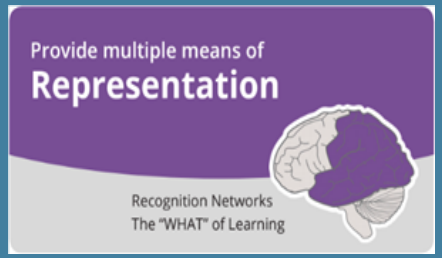
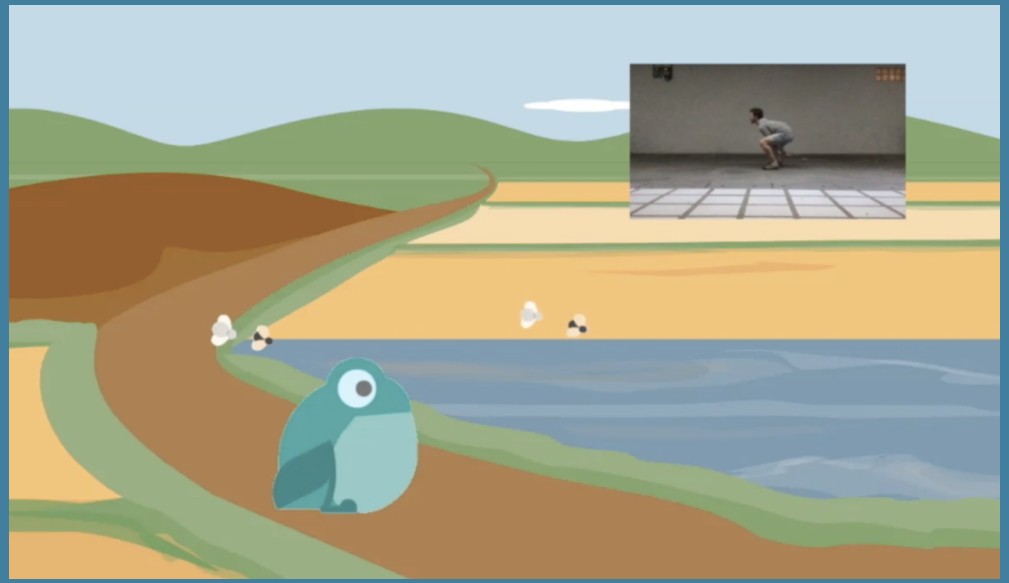
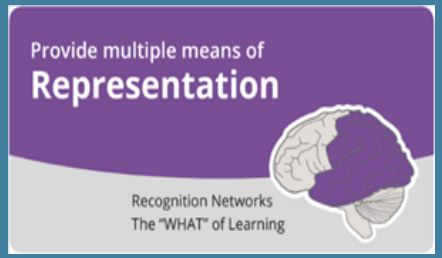
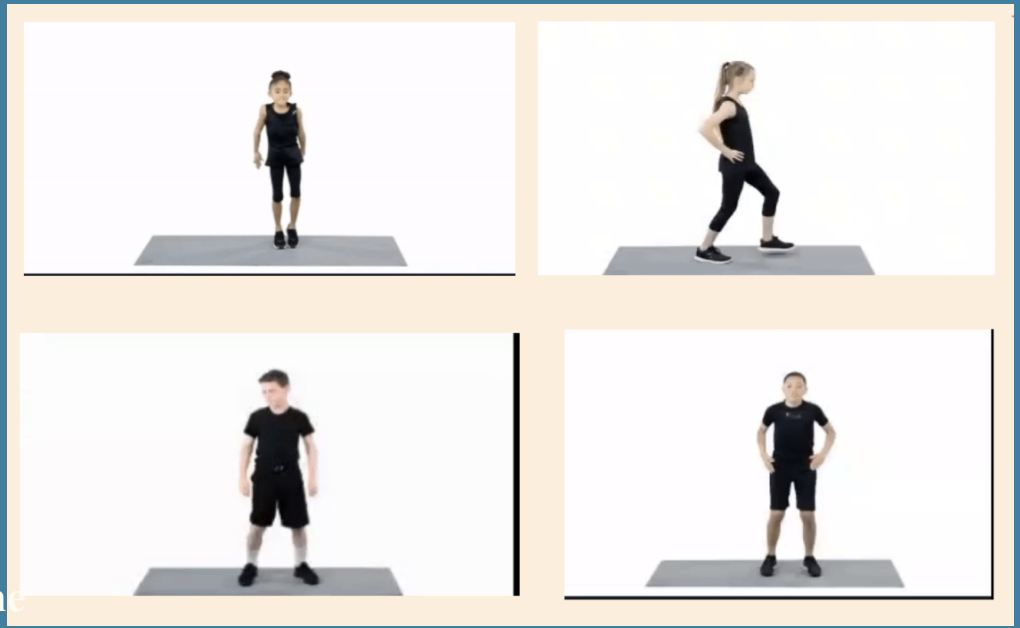


**Offer ways of customizing the display of information.**



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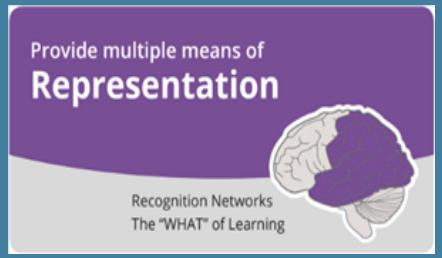

## Promote understanding across languages

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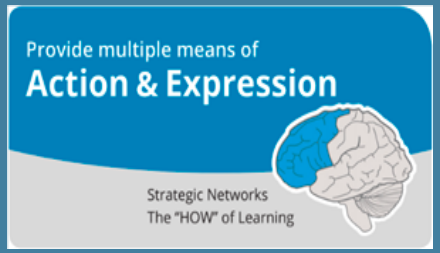


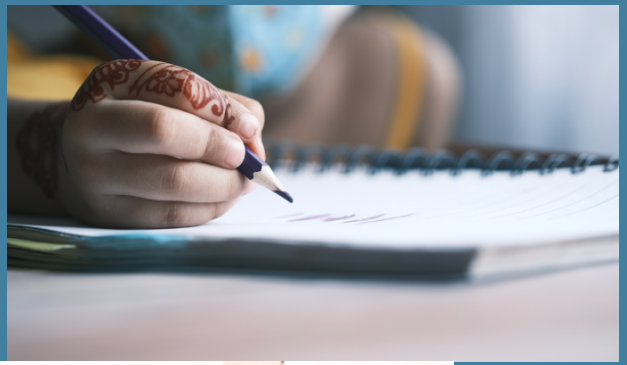

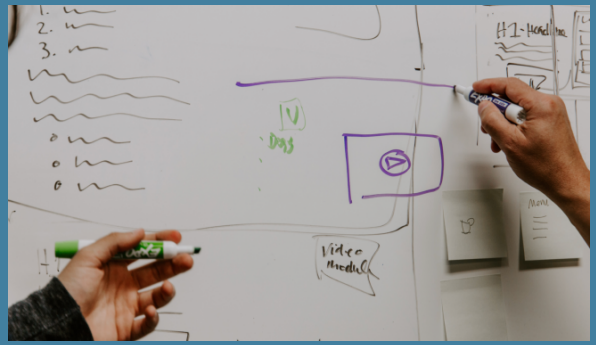

# Use multiple media for communication

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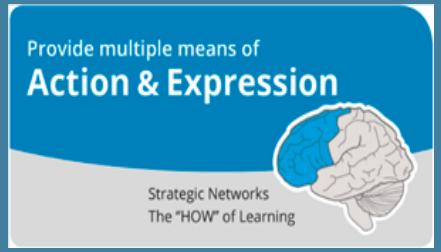
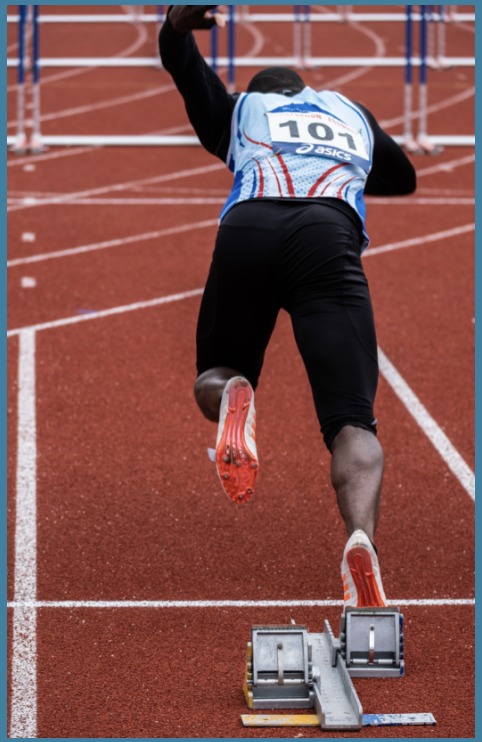
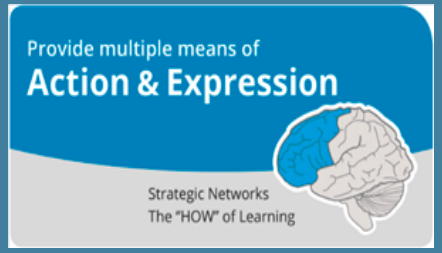
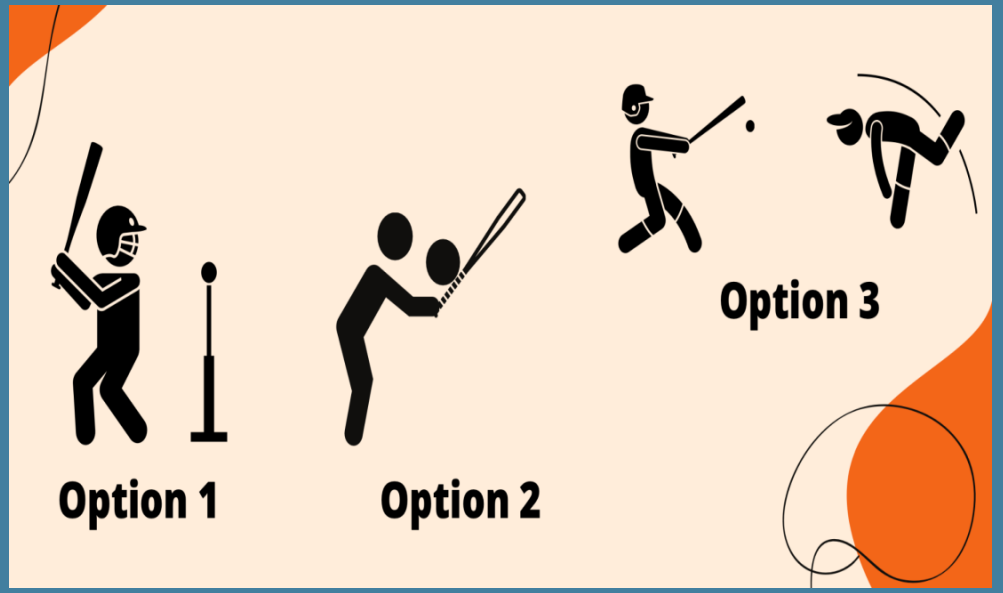



# Expression and Communication






**Use multiple tools for construction and composition**

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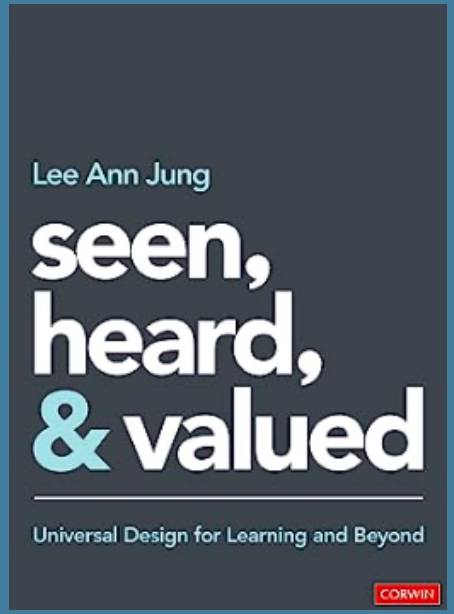
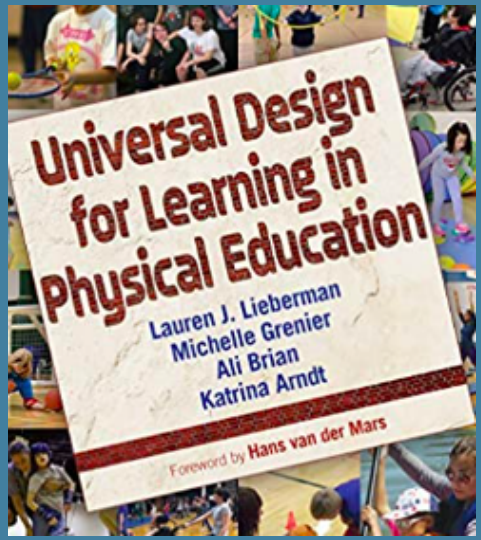
05

# What's Working at Your School?

# Resources




Seen, Heard, & Valued




UDL in PE Book

# Delivering Inclusive & Equitable Physical Education: Part 1 & Part 2

Explore concepts related to delivering inclusive, equitable, and culturally responsive physical education. Identify personal and programmatic strengths and areas for growth, as well as opportunities to apply these concepts to your own instructional contexts through application and reflection tasks.

## COURSE DETAILS

- Two FREE courses (Part 1 and Part 2) available
- Earn a 3-Hour Professional Development Certificate for each course completed
- Courses are self-paced. Complete them when it's convenient for you!

## HOW DO I GET STARTED?

1. Access the enrollment page by scanning the QR Code.
2. Click the Enroll Now button Enter
3. your name & email to register for an account
4. Check your email for a message from *Canvas Catalog* to complete registration & access the course

UNIVERSITY OF NORTHERN COLORADO

Active Schools Institute

Courses were developed by the UNC Active Schools Institute in partnership with the Colorado Department of Education and funded by CDC 1801 Healthy Schools.

# Free Online Course

https://unco.catalog.instructure.com/courses/delivering-inclusive-and-equitable-physical-education

*“We do not learn from experience … we learn from reflecting on experience.”*
-John Dewey

06

I am going to **START**...

I am going to **STOP**...

I am going to **CONTINUE**...

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# Thank you!

downwithpe@gmail.com
www.downwithpe.ca

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