

# Recommendations for Successful Inclusion in Physical Education

By Martin Block

## Physical Education Teachers Should:

- Have a positive attitude/willingness to make an effort to make accommodations
- Learn as much as possible about the student's specific disabilities
  - Permanente, Cumulative, Confidential file to include: Medical needs, strengths & weaknesses, learning style, and behavior strategies
- Work on IEP team
- Utilize peers
- Ask for Help! Para-professional, older students, volunteer
- Visit successful inclusion settings/programs
- Prepare to make simple adjustments
  - Accommodations = levels (equals) playing field so the student with a disability can perform same as peers
  - Modifications = pyramid's the context of what your trying to do.

# Para Professional in Physical Education

## Participate

- Get Involved
- Get on the floor
- Wear appropriate clothing
- Model, Model, Model

## Initiate

- Be early for specials; waiting at the door for the class
- Be the child's advocate
- Make sure they are involved in activities
- Find appropriate activities and do them
- Make sure they get gross motor every day
- Partner them with peers whenever possible
- Goal is to make them as independent as possible
- Know when to intercede, when to watch
- Teach peers to praise, model, and give instructions

## Accommodate

- Identify what stops them from participating, and change, or modify it
- Don't be afraid to change what is designed for them (shorten distance, use other equipment)
- Be creative
- The student doesn't need to be doing "exactly" what their peers are doing
- Try to get the same benefit from the initial task if you've modified it (unable to do the specified strength task, but you choose a task that is similar and works on same muscle groups)