Activities to Support Motor Skills

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Where are you from?
Who are we talking about?

- Children with:
  - Visual Impairments
  - Deafblindness
  - Multiple disabilities
  - Severe Disabilities
What other disabilities does your child with a visual impairment have?
What motor skills do you feel your child does well?

What motor skills do you feel your child needs to improve?
Motor Development in CVIB

• Children with Visual Impairments (CVIB) are behind in motor skill development

• The severity of the lag in motor development is correlated with the level of visual impairment

• Parents, teachers, and support staff have limited knowledge about teaching children with visual impairments
Barriers for Participation in Physical Activity

- Physical characteristics
- Lack of recreational and sport opportunities
- Lack of appropriate facilities
- Lack of parental knowledge regarding physical activity resources
- Lack of knowledge from physical educators in terms of curriculum modification for this population
Instructional Strategies
Pre-Teaching

• Instruction that occurs prior to the start of the unit or sport season

• Reviews equipment, activity layout (playing areas), rules, strategies, teaching cues

• Can be conducted by parents (at home), paraeducator, PE or APE teacher, COMS, TVI, peer or a sibling if appropriate

• Must be delivered age appropriately
Universally Designed Equipment

- Larger balls
- Add tactile boundaries
- Add bright boundaries
- Lower baskets
- Sound
- Texture
- Brighter balls
- Softer balls
- Balls on strings
Universally Designed Rules

- Allow intervenor, peer tutor, or 1:1 aid for support and communication
- Slow down the game such as scooters or carpet square games
- Bat off a tee
- Guide runner
- No defenders in open sport games
Universally Designed Environment

- Ensure clear boundaries
- Modify lighting accordingly
- Decrease excessive sounds
- Increase tactile cues
- Use multisensory teaching
Universally Designed Instruction

• Pre-Teaching

• Whole-Part-Whole

• Tactile Teaching Techniques
  • Tactile Modeling
  • Physical Guidance
Motor Skill Activities
Motor Skill Assessments
Resources
Books, Websites, Videos
Physical Education and Sports for People with Visual Impairments and Deafblindness: Foundations of Instruction

Lauren J. Lieberman, Paul E. Ponchillia, and Susan V. Ponchillia

Physical Education and Sports for People with Visual Impairments and Deafblindness
Physical Education for Children with Moderate to Severe Disabilities
Videos

• “I Feel Included When” www.campabilities.org
• Balance strategies www.campabilities.org

• Paraeducator/teacher training- https://www.youtube.com/watch?v=77fyMsRWrYs&t=7s
• Motor development instruction- http://www.aph.org/physical-education/motor-video-feedback/
• Camp Abilities videos-www.campabilities.org
• Documentary of all of the camps! www.campabilities.org
Sport Inclusion Video Series

- Track
- Cross Country
- Swimming
- Basketball
- Soccer
- Wrestling
- Tennis
- Beep baseball and Kickball
- Volleyball

- Supported by Lavelle Foundation
Websites

• **The American Printing House for the Blind**
  • Books, products, equipment, and videos
  • [www.aph.org/pe](http://www.aph.org/pe)

• Possibilities: Recreation Experiences of Individuals who are Deafblind [www.aph.org/pe/stories](http://www.aph.org/pe/stories)

• Camp Abilities—educational sports camps for children who are visually impaired or deafblind
  • Videos and web sites for other camps around the world
  • Tip sheets
  • [www.campabilities.org](http://www.campabilities.org) (Instructional Materials)

• Perkins School for the Blind
  • Videos and books about how to teach children who are deafblind
  • [www.Perkins.org](http://www.Perkins.org)

• United States Association for Blind Athletes—sport opportunities, adaptations for sports, and videos
  • [www.usaba.org](http://www.usaba.org)
Achievement is the Goal
NOT only Participation