

Activities to Support Motor Skills

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Institute of Movement Studies for
Individuals with Visual Impairments



**SUNY
BROCKPORT**

Where are
you from?

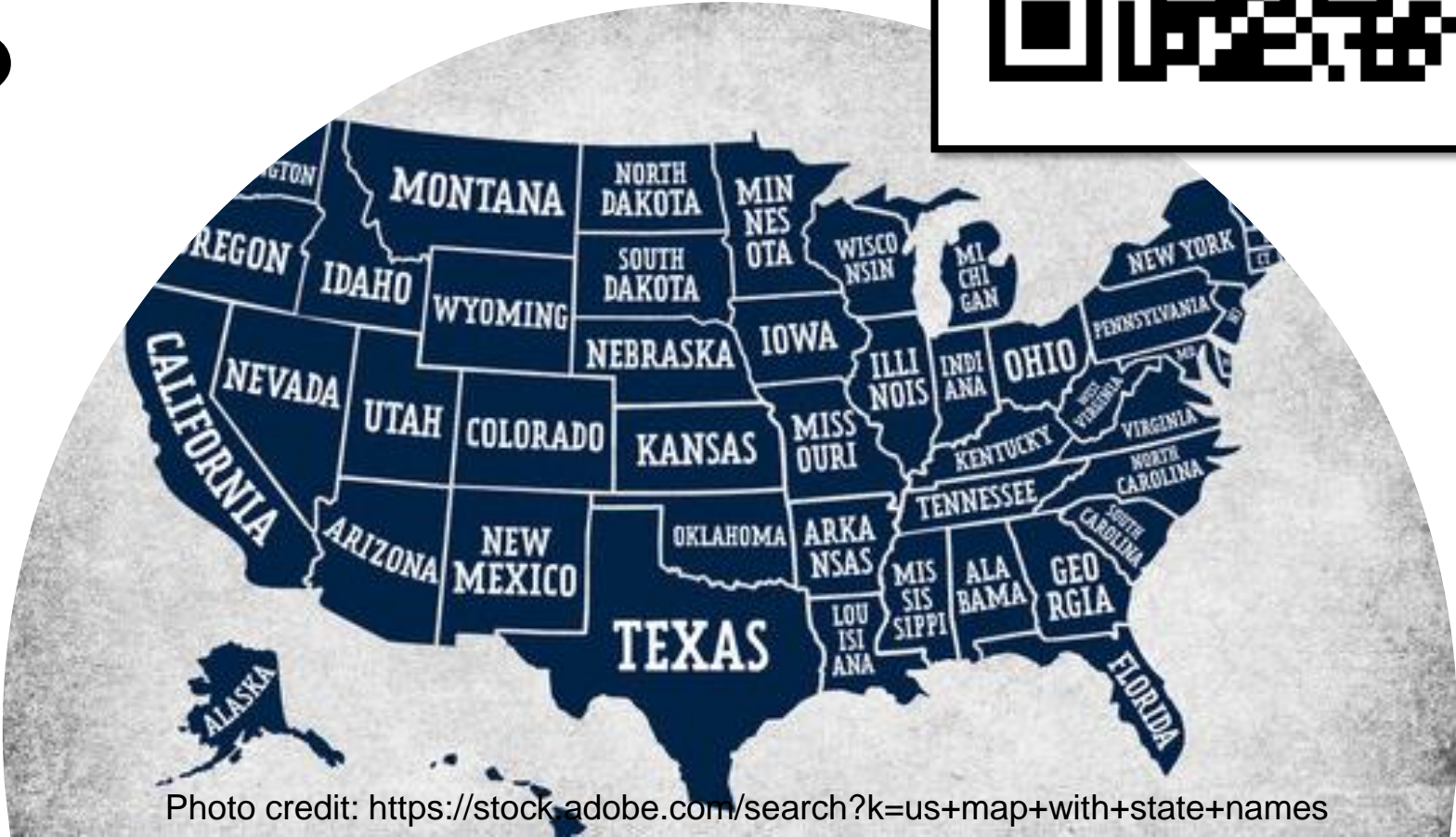


Photo credit: <https://stock.adobe.com/search?k=us+map+with+state+names>



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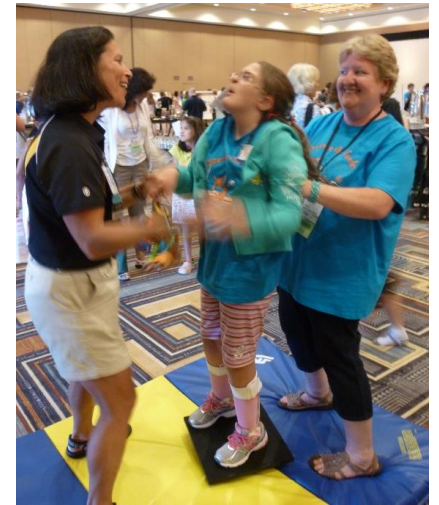


**Institute of Movement Studies for
Individuals with Visual Impairments**



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?





Fundamental Motor Skills



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

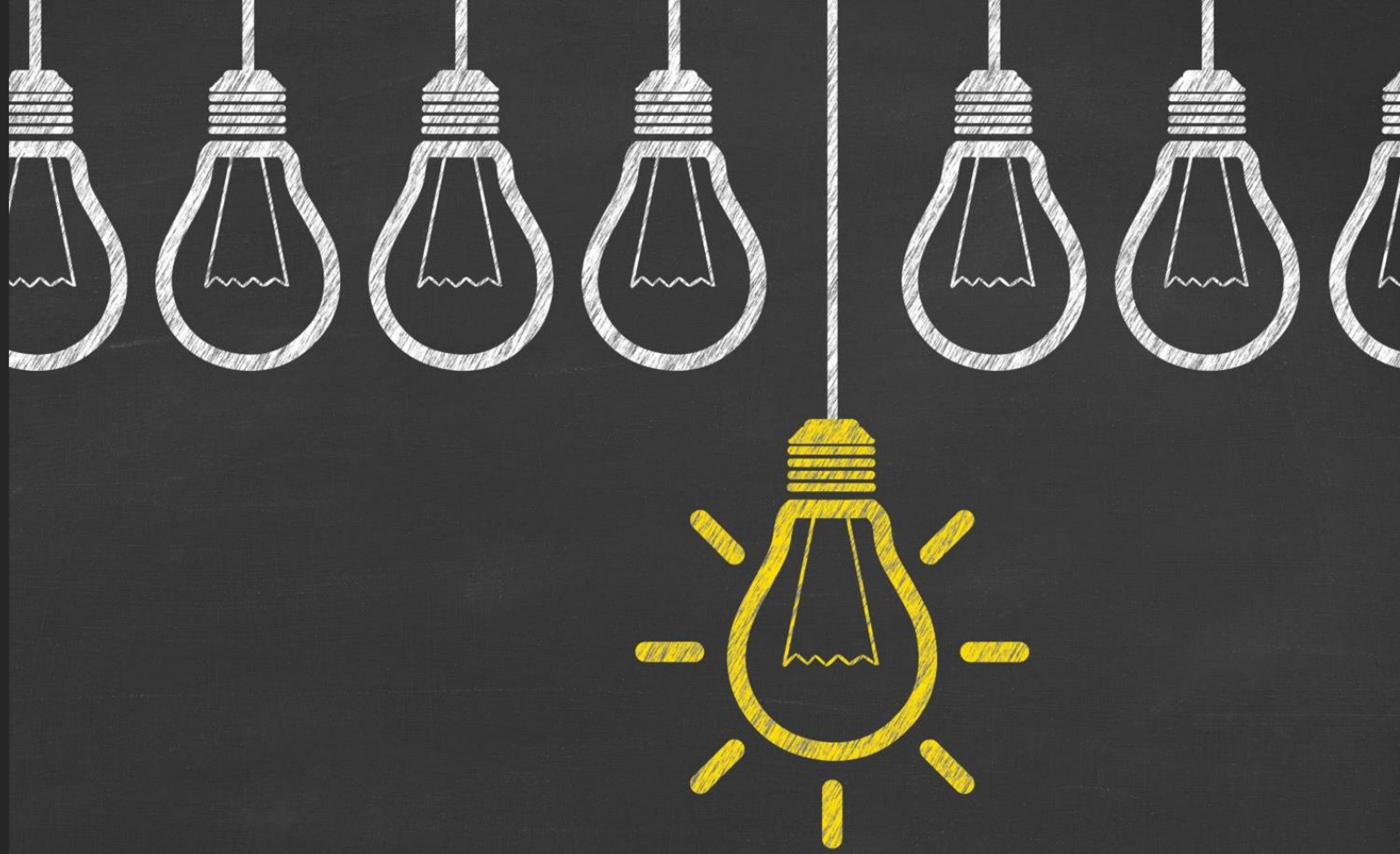




Barriers for Participation in Physical Activity

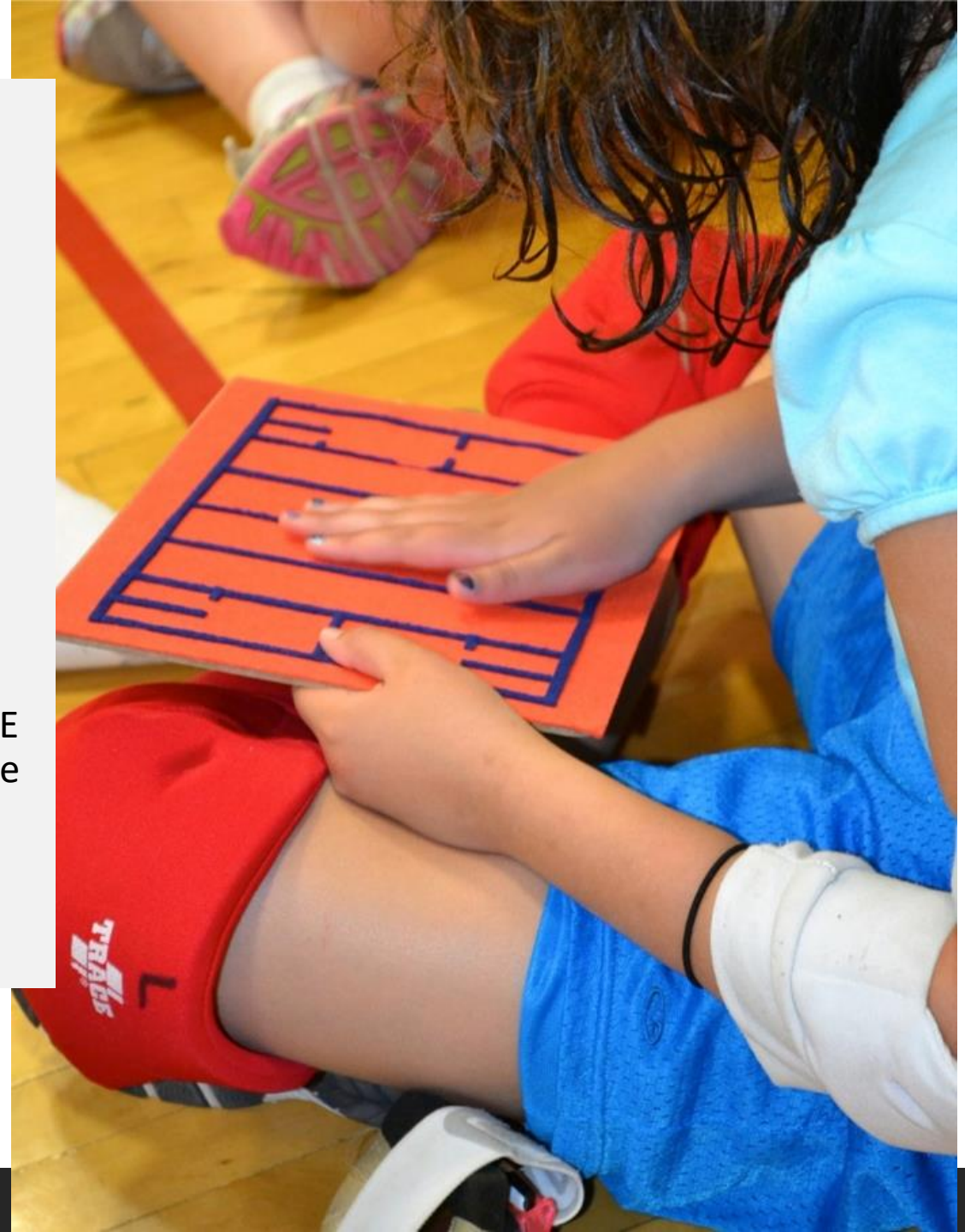
- Physical characteristics
- Lack of recreational and sport opportunities
- Lack of appropriate facilities
- Lack of parental knowledge regarding physical activity resources
- Lack of knowledge from physical educators in terms of curriculum modification for this population

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





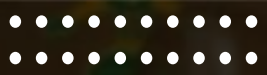
Universally Designed Equipment

- 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

Gross Motor Development Curriculum

for Children With Visual Impairment



Lauren J. Lieberman and Pamela S. Haibach



Gross Motor Development Curriculum

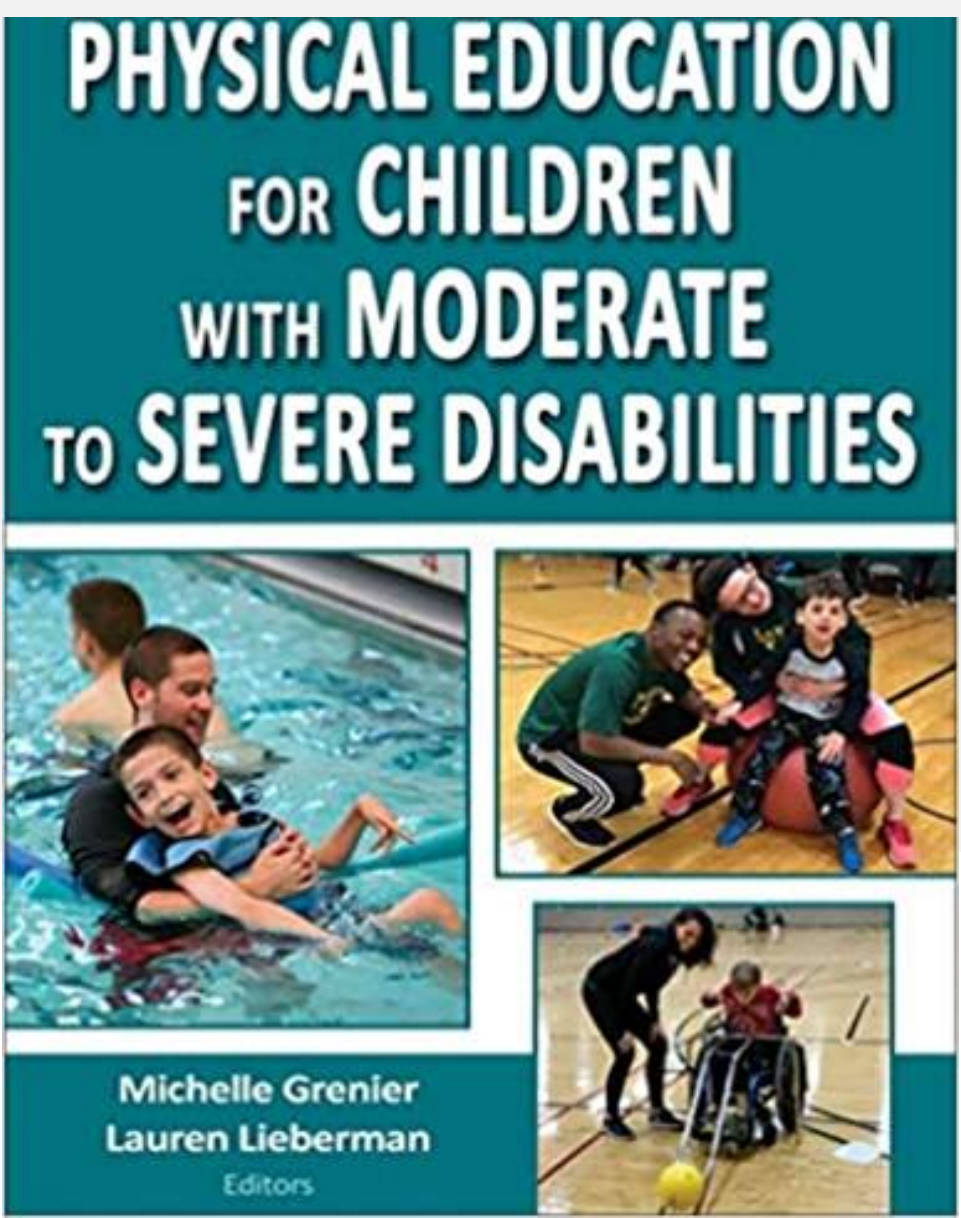


Physical Education and Sports for People with Visual Impairments and Deafblindness: Foundations of Instruction

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
- <http://www.campabilities.org/instructional-materials.html>



Websites

- [The American Printing House for the Blind](#)
 - Books, products, equipment, and videos
 - www.aph.org/pe
- Possibilities: Recreation Experiences of Individuals who are Deafblind 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 (Instructional Materials)
- Perkins School for the Blind
 - Videos and books about how to teach children who are deafblind
 - www.Perkins.org
- United States Association for Blind Athletes-sport opportunities, adaptations for sports, and videos
 - www.usaba.org



Achievement
is the Goal
NOT only
Participation

