

## Abstract

Unlike the APE certification that exists in the United States, Canada does not have programs for physical educators and community program leaders to gain the knowledge about the diverse learning needs of individuals with disabilities and the skills necessary to help them achieve their physical activity potential. In 1994, the *Active Living Alliance for Canadians with a Disability* rose to this challenge and developed *Moving to Inclusion (MTI)*, a series of resources designed to help physical activity leaders plan and lead a variety of inclusive physical activity programs. The *MTI* resources have evolved since their initial dissemination to become an online, interactive resource that emphasizes independence, self-determination, and choice as being characteristics inherent in the promotion of successful, and meaningful participation for individuals of all abilities. It is currently being utilized as a learning tool in post-secondary education and municipal recreation departments and provides a variety of resources to meet everyone's needs and learning styles - providing examples of activities, case studies, tips to adapt activities, fact sheets about different disabilities or sports, and the use of terminology to name a few. The new format allows a greater number of teachers, coaches, practitioners, and other physical activity and community recreation leaders to gain the requisite knowledge and skills to influence best practices and ultimately plan and implement inclusive opportunities for physical activity. This presentation will provide both researchers and practitioners with an overview of and interaction with the new online resource.

## Who is *MTI Online* Intended For?

The purpose of the *MTI Online* resource is to provide physical activity leaders with a tool that will help them to facilitate inclusive opportunities in a wide variety of physical activity and sport programs. Regardless of the environment - recreational, competitive, educational, or fitness and wellness pursuits - one should expect and be ready to offer enjoyable and satisfying opportunities to all individuals, including those with disabilities.

- 🌀 *MTI Online* is an excellent training and professional development tool for those who are working in or training for a career in the recreation, fitness, education, sport and active living fields.
- 🌀 As a staff training tool, *MTI Online* can be used to provide your organization with information and practical approaches to apply in a program setting. Teachers will be equipped with tools, strategies, and creative adaptation ideas to use in a physical education setting.
- 🌀 For universities, colleges, and other training institutions this interactive resource will complement the materials used in physical education, kinesiology, health, teacher preparation and a variety of other courses.

## What does *MTI Online* include?

The primary focus of this resource is to identify general concepts, strategies, and practical approaches that can be useful in planning and leading physical activity situations. *Moving to Inclusion Online* includes 5 modules:

- 🌀 Introduction to Inclusion and Inclusive Physical Activity
- 🌀 Understanding Disabilities and their Impact on Performance
- 🌀 Planning and Inclusive Physical Activity Program
- 🌀 Activity Modifications
- 🌀 Situational Scenarios

*Maximizing physical activity opportunities*

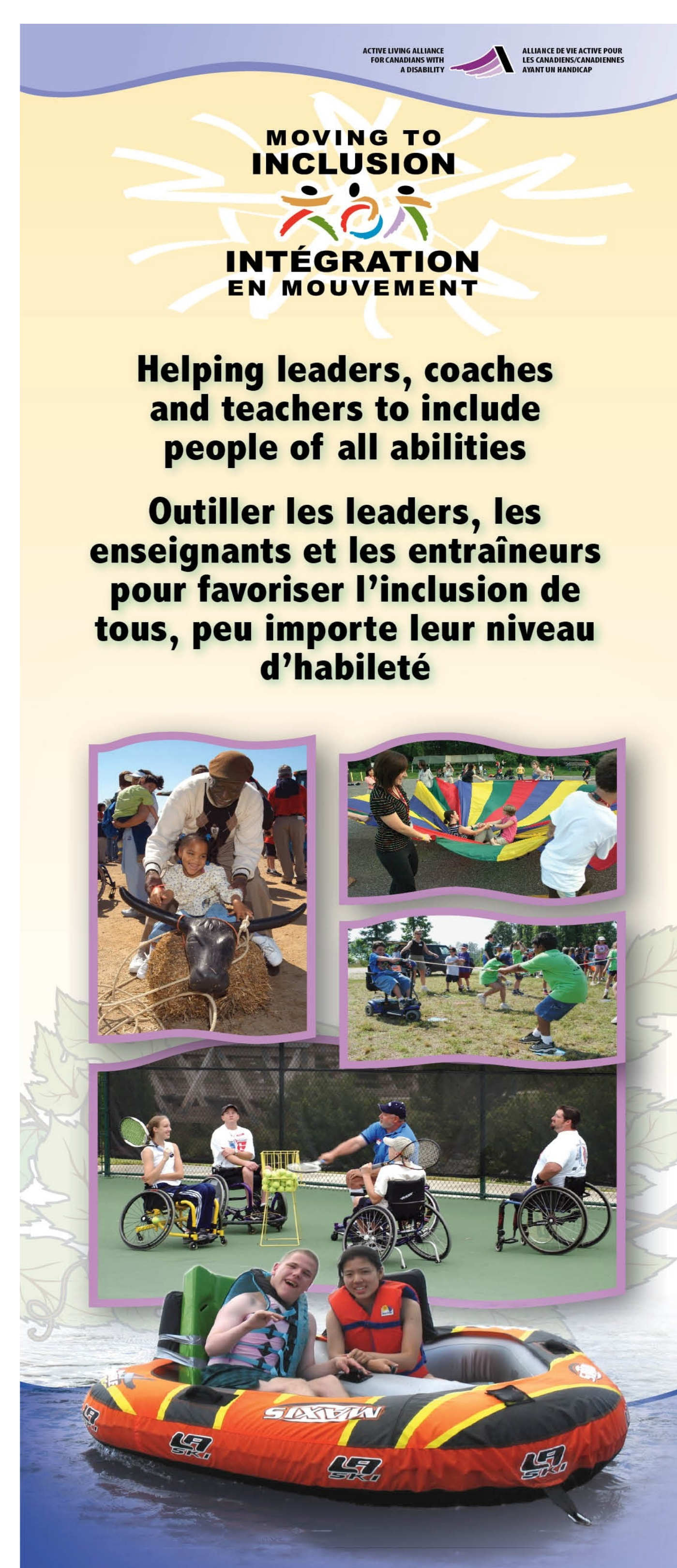
## Learning Outcomes

- 🌀 Have a heightened awareness and improved understanding of why to include individuals in physical activity settings based on their abilities rather than focusing on their disabilities
- 🌀 Be able to create an inclusive environment by accepting their attitudes and actions - your willingness to try goes a long way
- 🌀 Acquire information and practical strategies on how to better include persons with disabilities in physical activity settings
- 🌀 Identify the strengths and problem solve the barriers to inclusion
- 🌀 Be able to implement the step-by-step process for inclusion
- 🌀 Collect tools, strategies, and creative adaptation ideas
- 🌀 Have increased confidence to take the leadership role in inclusive physical activity settings
- 🌀 Expand your awareness of resources that can support inclusion
- 🌀 Become part of a network for sharing, support, and ongoing learning

## Activity Adaptation Ideas and Resources

Modifications to equipment have an effect on the successful participation of an individual in a variety of ways:

DESCRIPTION	EFFECT
lighter, softer ball	slows game and allows more time to prepare for and execute a skill
shorter, lighter striking implement	allows for greater control for less skilled players
larger striking implement, larger goal or target area	reduces the number of misses and increases opportunities for success
lighter, softer, smaller balls	more easily caught and retained
bean bags substituted for balls	Not as elusive as balls and may be easier to throw and catch
partially deflated balls for dribbling and kicking	slows movement of the ball and allows more time to prepare and execute the skill



### CASE STUDY 3 - EDUCATION SCENARIO

You are responsible for teaching PE for a grade 6 class of 24 students, including one student with Down syndrome. You are about to cover a unit on striking activities, starting with volleyball. Suggest strategies you could use to include all students in this unit.

Answers may include some of the following modifications:

**EQUIPMENT** e.g., ball size and/or weight

**ENVIRONMENT** e.g., smaller court size; moving service line closer to net; lower net

**SKILLS** e.g., catch and throw vs volleying; allowing underhand serves only; (if changing position is confusing) let student with DS stay in same position and have other students rotate around them

**RULES** e.g., play 'all touch' so that all players touch the ball before it goes over net

**SCORING** e.g., continuous rally where the goal is to keep the ball in play back and forth over net vs trying to score on other side

To learn more about using *MTI Online* in your program, please visit [www.ala.ca](http://www.ala.ca)

To request a temporary access code to review the *MTI Online* resource, please contact us at [ala@ala.ca](mailto:ala@ala.ca)