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**How Physical Education  
Helps O&M**

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**<https://www.youtube.com/channel/UC-Tf7yuMwrAd4cL3parWUZw>**



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## Objectives for Today's Presentation

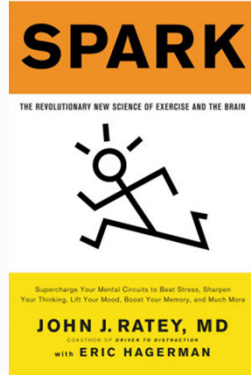
- Adapting games and activities for students with special needs and visual impairments
- Importance of Play in a Child's Life
- Fun activities to play in class, recess, or the Gym
- Activities to enhance orientation and mobility skills



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# Power of Play

- Dr. John Ratey, the author of SPARK calls Exercise/Play the body's natural Ritalin.



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# Power of Play

- Dr. John Ratey suggests that the benefits of Exercise/Play on the brain are:
  - Improved cognition
  - Increased memory retrieval
  - Regulate mood and behavior
  - Reduce stress
  - Refine Social skills



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## Need for Fundamental Movements

- If children do not reach a degree of competence and confidence in fundamental movement skills by the 6<sup>th</sup> grade, they will not engage in regular physical activity or sports for the rest of their lives.
- The need to teach these skills to students with disabilities can make a difference in their independent movement and motor control.

Source: Joann Landy, author of Fundamental Motor Skills &\* Motor Activities, she states that



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## Cognitive Implications

- Between ages 4 to 7, children have a difficult time focusing on more than one motor component at a time
  - Design activities that are low in complexity and require focus on one movement
- Children ages 7 to 11 are able to problem solve and focus on more than one task at a time
  - Encourage development of strategies to enhance game play in small-sided, real world activity



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## Motor Skill Progression

- Gross motor control is evident before fine motor control
- Head to Toe Progression
- The coordination of the muscle and sensory systems
- Skill Instruction should go from Simple to complex



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## Early Motor Development for Children with VI

- Babies benefit from early intervention that address:
  - Sensory
  - Physical
  - Cognitive
- Three Challenges to motor development:
  1. Lack of Visual Reinforcement
  2. Reduced Muscle Tone
  3. Delays in the Concept of Object permanence



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## Vision and Motor Skills

- Vision has a major role in the development of motor skills.
- Five primary functions of vision in the acquisition of motor skills:
  - 1. Provide and Incentive to Move
  - 2. Allowing to see the object in the visible environment
  - 3. Protection by anticipating dangerous situations
  - 4. Enabling control of movement by tracking its performance.
  - 5. Providing feedback and monitoring of the quality of executed movements



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## Social Benefits

- To General Education Students – Buddy System
- Inclusion can Help Change Attitudes and Culture of School –Special Olympics
- Use Age Appropriate Music and Activities
  - Carrie Underwood
  - Ed Sheeran



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## General Modifications

- Object control modifications
  - Example: lower targets, soft balls
  - Example: Bells, LED Lights, Sound
- Balance modifications
  - Example: wider balance beams
  - Mat laying down
  - Provide a rope rail that provides orientation
- Organizational modifications
  - Example: rule modifications
  - Example: Schedule Box



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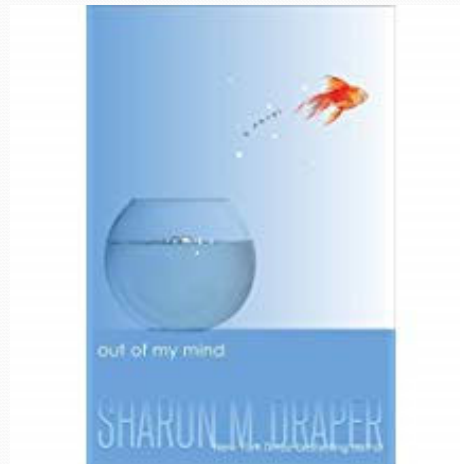
## Modifying Activities

- Lower or enlarge goal size
- Modify game tempo
- Reduce throwing distance
- Modify striking implements
- Slow down ball by decreasing air pressure



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## Excellent Read



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## Types of Play

- **Physical Play** – Usually social, boisterous and involves activity
- **Manipulative Play** - Attempts to manipulate objects. Toys can include rattles, puzzles, legos. Sensory input is also important allowing the child to feel the texture



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## Types of Play (Cont.)

- **Symbolic Play** – Involves a deliberate misrepresentation of reality, pretending to eat a non-existent cookie, using a block as a truck
- **Games** - Activities which are regulated by rules. This type of play helps teach important skills such as taking turns and cause and effect.



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## Play Works Video

- <https://www.playworks.org/video/an-in-depth-look-at-school-recess/>

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## The Power of Play

- The most important role that play can have is to help children to be active, make choices and practice actions to mastery
- They should have experience with a wide variety of content (art, music, language, science, math, social relations) because each is important for the development of a complex and integrated brain.
- Play that links sensori-motor, cognitive, and social-emotional experiences provides an ideal setting from brain development.



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## Movement and Learning

- Play that links sensori-motor, cognitive, and social-emotional experiences provides an ideal setting from brain development
- Aerobic – Is defined by exercising the heart and lungs to elevate the heart rate.
- Brink suggests that aerobic conditioning assist in memory.
- Research show it helps short term memory, creativity, and reaction time.
- A Canadian studied found when physical education time was increased to one-third of the school day so did academic scores



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## Develop Effective Classroom Management Skills

- Students with learning disabilities benefit from an instructional environment that is highly structured and consistent
- If a class is unmanageable it is un-teachable
- Positive feedback develops good morale
- Negative feedback needs to be handled privately
- Instructions should last 30-60 seconds



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## Creating Positive Environment POWERFUL ENCOURAGEMENT (PE)

- Make a large poster or words or phrases of encouraging words or Phrases
- Teach in the Bloom's affective domain
- Make an assignment out of it
  - Ask students to encourage at least two people in class
- Words and phrases like:
  - Terrific
  - Super Job
  - Way to Go
  - Your Great
  - Awesome



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# History of Play

- **Lev Vygotsky**, viewed play, particularly pretend play, as a critical part of childhood.
- He explained, when a child can pretend that a broomstick is a horse, that ability to think abstractly is a huge mental leap forward, and play can make it happen.
- **Jean Piaget** view play as important part in a child's mental development

