Inclusion Matters

Inclusion matters. No matter the community or environment, it benefits us all.

Children with disabilities are not included at high enough rates and there is a need for more access to physical activity.

The power of sport is undeniable – benefits of sports not only include social skills development and sportsmanship, but self-confidence too.

References:
1. Stanford Children’s Health
2. American Academy of Pediatrics
With 1 in 6 children in the United States having a disability, we need to educate ALL children about disability awareness and inclusion so they can be allies in the disability rights movement – in their teams, schools, and communities.

As of 2020, the Tokyo games included 11,483 Olympic competitors – and only 4,403 Paralympic competitors.

Youth who have disabilities not only need to be provided opportunity to be active but deserve the same representation on and off the field.

References:
1. CDC
2. Team USA
The Playbook

• A free, 24 page, interactive workbook for children in pre-K through 6th grade.

• Provides kids with disabilities mirrors of themselves and centers the disabled voice.

• Increases awareness of disability, adaptive sports and encourages involvement.

• Move United’s Inclusive Playbook was developed and reviewed over a two year period.

• The Playbook was brought to life through the involvement of K-12 educators, higher education professionals, adaptive sports providers, NGBs, youth leaders, sports and community leaders and disability advocates.

• Most important were the many voices from within the disability community that are not only featured in the IPB through the content, quotes and images, but were heavily involved in the creation and review processes to make sure that the disability awareness and etiquette was communicated properly for young kids to understand as well as centering the disabled voice..

1000+ beta testers  16 average years of educator experience  80+ reviewers  300+ downloaders during pilot year
Suite of Materials

Inclusive Playbook Curriculum: Instructional Strategies for Educators

Instructional guide that includes fully developed lesson plans, worksheets and PowerPoint slides that can be incorporated into classrooms and clubs, that follow both Common Core and SHAPE standards.

Reflection Spots, Discussion Prompts and Calls to Action

For kids to self-learn and reflect on their communities, peers and environments in order to build awareness, challenge their own bias and call out ableism when they witness it.

Activities and games for coaches, educators, community leaders, parks and recreation professionals, and families to facilitate the use of the Playbook.

Alternate IPB Copies Including Spanish & Screen-Reader Accessible Versions

For increased accessibility and usability of the Inclusive Playbook in school and/or community sport settings.

Video Resources to Supplement Disability Inclusion Activities and Conversations

Videos created to give teachers & program providers additional tools to destigmatize disability and ensure all kids are included.
What is ASIRI?

Adaptive Sports & Inclusive Recreation Initiative

- Embed adaptive sport in the general PE curriculum
- Main objectives are to increase awareness, knowledge, access, and participation
- Launched in 2021/22
  - All grade 6 classes in Ann Arbor Public Schools (7 schools)
- Year 2 (2022/23) served same schools
- Year 3 (2023/24)
  - Expanding to all grade 7 and 8 classes in AAPS
- Year 4 (2024/25)
  - Expanding to all middle school grades (6-8) in Ypsilanti
What is ASIRI?
1. ASIRI Curriculum
Adaptive sport lesson plans that meet the Michigan PE standards.

2. Disability Awareness Training / ASIRI Training
In-person disability training and curriculum training for PE teachers.

3. Abilities Awareness Events
Assemblies for students including basic disability training, adaptive sports, and an interactive ASIRI sport demo.

4. Curriculum Implementation
Taught by PE teachers using the equipment and curriculum provided. In-person support as requested.
ASIRI Lesson Plans

Each Lesson Plan includes the following:

● Lesson Rationale
● Learning Objectives
● Focus Standards (State of Michigan standards)
● Materials & Equipment
● Vocabulary
● Lesson Outline
● Lesson Opening
● Warm-up
● Instructional Activities
● How to do it at home
● Closing/cool Down
ASIRI Equipment

- Goalball / Sitting Volleyball: blindfolds, goalball balls, spot or boundary markers, cones, volleyballs, nets
- Wheelchair Basketball / Wheelchair Tennis: sport chairs
- 7 schools, 5 equipment packages, packages rotate on a three week schedule
  - Each school will have 6 weeks total with adaptive sport equipment
# Interactive Activity

## Lesson 3- Seated Volleyball

**Grade 6**

<table>
<thead>
<tr>
<th>Lesson Rationale</th>
<th>Students will demonstrate an understanding of the various aspects of volleyball and practice the modified volleyball exercises.</th>
</tr>
</thead>
</table>
| Learning Objectives | 1. Students will demonstrate an understanding of bumping, setting, and spiking while standing up.  
2. Students will demonstrate an understanding of bumping, setting, and spiking while sitting down.  
3. Students will practice skills in a group and in a game setting. |
| Focus Standards | *(S2.1.6)* Creates open space by using locomotor movements (e.g. walking, running, jumping, and landing) in combination with movement (e.g. varying pathways; change of speed; direction or pace).  
*(S1.12.6)* Performs a legal underhand serve with control for net/wall games such as badminton, volleyball, or pickleball.  
*(S1.13.6)* Strikes with a mature overhand pattern in a non dynamic environment (closed skills) for net/wall games such as volleyball, handball, badminton, or tennis. |
# Interactive Activity

<table>
<thead>
<tr>
<th>Instructional Activities</th>
<th>Skill Review</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Pass a volleyball in a group of 3 or more (sitting) and try to get as many bumps as possible without hitting the ground.</td>
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<tr>
<td></td>
<td>Have students in their groups spread apart so that during their pass/bump practice they may need to work on their digs (diving for the ball defensively).</td>
</tr>
<tr>
<td></td>
<td><strong>Scrimmage</strong></td>
</tr>
<tr>
<td></td>
<td>Students will demonstrate their ability to play a seated volleyball game by working with their team to bump and set the ball from one side of the net to the other side of the net.</td>
</tr>
<tr>
<td></td>
<td>Students will play seated volleyball games while understanding the rules of the game:</td>
</tr>
</tbody>
</table>
EDUCATION STANDARDS

The Playbook activities in the companion instructional guide were produced by educators to meet education standards across the country and align with both Common Core and Shape standards appropriate to the age group its designed for.

<table>
<thead>
<tr>
<th>National Standards for K-12 Physical Education</th>
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</thead>
<tbody>
<tr>
<td><strong>Standard 1</strong></td>
</tr>
<tr>
<td>The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.</td>
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<tr>
<td><strong>Standard 2</strong></td>
</tr>
<tr>
<td>The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.</td>
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<tr>
<td><strong>Standard 3</strong></td>
</tr>
<tr>
<td>The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.</td>
</tr>
<tr>
<td><strong>Standard 4</strong></td>
</tr>
<tr>
<td>The physically literate individual exhibits responsible personal and social behavior that respects self and others.</td>
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<tr>
<td><strong>Standard 5</strong></td>
</tr>
<tr>
<td>The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.</td>
</tr>
</tbody>
</table>

Note: The standards are not prioritized in a particular order.

SHAPE America’s National Standards & Grade-Level Outcomes for K-12 Physical Education define what a student should know and be able to do as result of a highly effective physical education program. States and local school districts across the country use the National Standards to develop or revise existing standards, frameworks and curricula.
SHAPE AMERICA - STANDARD 1

Standard 1. Demonstrates competency in a variety of motor skills and movement patterns.

<table>
<thead>
<tr>
<th>Manipulative</th>
<th>Kindergarten</th>
<th>Grade 1</th>
<th>Grade 2</th>
<th>Grade 3</th>
<th>Grade 4</th>
<th>Grade 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Volley, overhead</td>
<td>Developmentally appropriate/emerging outcomes first appear in Grade 4.</td>
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<td>Volley a ball with a two-hand overhead pattern, sending it upward, demonstrating 4 of the 5 critical elements of a mature pattern. (S1.E23.4)</td>
<td>Volley a ball using a two-hand pattern, sending it upward to a target. (S1.E23.5)</td>
</tr>
</tbody>
</table>

VOLLEYING (OVERHEAD)
DAT / ASIRI Training
- In-person training provided a great opportunity to make teachers feel successful in the classrooms
- Provided teachers a good starting point and understanding of what adaptive sports look like

AAEs
- Sparked enthusiasm for students and was great for providing exposure to adaptive sports before the students learned them in class

Future Growth
- Review equipment packages so they are age appropriate
- More advanced activities that meet skill and age level
ASIRI Expansion

- Year 1: Serve all middle school grades in AAPS
- Year 2: Expand to middle schools (2) in Ypsilanti and introduce “ASIRI Day” to AAPS
- Year 3: Expand “ASIRI Day” to include Ypsilanti middle schools

- Expansion will be managed by a full time program manager and be supported by a full time monitoring and evaluation coordinator

- The expansion could increase the number of students and PE teachers we serve annually from approximately 1,200 and 9 to 4,700 (approximate max number) and 15, respectively
Long Term Goals

The Playbook will educate 1 million American children by the 2028 Paralympic Games on disability awareness and adaptive sport.

LA 2028
- Distribute Playbook to 1 million children through the IPB by LA2028
- Train 5,000 educators/providers with Inclusive Playbook materials by LA2028
- Send 5,000 IPB packages* to educators and community providers by LA2028
- Train 100 communities in inclusive sport models by LA2028

SOCIETAL IMPACT
- 90% of children using the playbook will increase their understanding and knowledge about disability
- 90% of children using the playbook will be more likely to include friends with a disability when they play sport
- 50 organizations to sign on as Inclusion Champions and commit to increasing the participation of kids with disabilities in their programs.

SCHOOL AND PROGRAM IMPACT
- Increase representation in sports and recreation of athletes and coaches with disabilities leading youth programs.
- Equip 5,000+ coaches and educators to better teach kids with disabilities

*packages include classroom materials and/or adaptive PE equipment bundle/funding dependent
Next Steps

- Move United Inclusive Playbook K-6
- ASIRI Curriculum 6-8

- As adaptive sport providers how can you interact with these curriculums?
  - Deliver the curriculum in your programming.
  - Teach others how to deliver the curriculum.
  - Connect us with schools.
  - Share the resource.

- Regional adaptive sport clinics
- Integration with President’s Council on Sports, Fitness, and Nutrition
- Support from other collegiate adaptive sport programs
The Education Hub

Access the Education Hub or download the App – hub.moveunitedsport.org
Q&A

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