



UDL Suggestions

Means of Representation		Warm-Up	Core 1 Snowballs in the Air	Core 2 Snowman Throw	Core 3 Bottle Bowling	Video 1 Happy Dance	Video 2 Swimming Song	Cool Down
Forms of Communication	Auditory	Verbal Prompt Glossary page 12						→
	Visual	Visual Support Glossary page 14						→
	Tactile	Hand-over-hand instruction (hold child's hands and roll arms)	(hold hands and throw) Present materials when explaining activity (bean bags)	→ (bean bags)	→ (water bottles, balls)	(hold hands and wave arms)	(hold hands and make swimming motions)	→ (hold hands and stretch arms)
Multiple Levels of Complexity	Key Vocabulary: Define/ Model	Jog Swim Roll Arms Jumping Jacks	Throw (Underhand) Catch Jog Jump Gallop	(Overhand) Retrieve Ball	(Underhand) Retrieve Ball	Clap Twist Hips March Wave Arms	Walk Swim Backstroke Doggy Paddle Breaststroke Snorkel Dive Towel Dry	Roll Arms Stretch Arms Bend & Stretch Touch Toes Wave Goodbye



UDL Suggestions continued...

Means of Engagement		Warm-Up	Core 1 Snowballs in the Air	Core 2 Snowman Throw	Core 3 Bottle Bowling	Video 1 Happy Dance	Video 2 Swimming Song	Cool Down
Recruit Interest	Child Choice	Warm-up moves	Motor movement	Target	Distance from Bottles	Which video to play		Cool down moves
	Familiar	Familiar Moves (jog, roll arms)	Familiar moves (throw, catch)	Familiar equipment (bean bags)		New Video		Familiar Moves (roll arms, touch toes, bend & stretch, wave goodbye)
	Novel	Consistent Structure (Whole Group)	New tune (Farmer in the Dell)	New Structure (Independent)		Optional Repeat Video		
Sustain Attention	Praise/Encourage	<i>Great! Keep moving to warm-up our bodies and get ready for CHAMPPS!</i>	<i>I like how you stayed on your own spot and caught your snowballs! I love hearing you sing!</i>	<i>Super throw! Wow! You hit the target!</i>	<i>You got a strike! Wow- strong throw! You knocked over all the bottles!</i>	<i>Beautiful dancing! I can tell you're happy! Nice job going "up" and "down!"</i>	<i>Excellent swimming, it's like we're in a pool! I love how you're looking and copying the video!</i>	<i>I love seeing your faces when you look at all your friends to say goodbye.</i>
	Vary Complexity	Increase/decrease (moves)		Vary distance from target (close/far)	Vary ball size/weight	Increase/decrease length of video		Increase/decrease (moves)
	Vary Set-up, Directions	Sing soft/loud Move slow/fast		Partners Change targets (stickers, numbers for points)		Vary equipment (give instruments, scarves)		(balls, bean bags, scarves)



Throwing

Unit 5

UDL Suggestions continued...

Means of Expression	Warm-Up	Core 1 Snowballs in the Air	Core 2 Snowman Throw	Core 3 Bottle Bowling	Video 1 Happy Dance	Video 2 Swimming Song	Cool Down
Variety of Responses	Sing, clap or hum song Move in Place	Throw and Watch Scarf Fall (No Catch)	Overhand <i>or</i> Underhand throw Touch Bean Bag to Target	Sit and Roll Ball to Bottles	Dance Without Direction (left/right, up/down)	Complete Swimming Motion Without Direction	Sing, clap or hum song
Complexity of Responses	Accept partial movement (airplane arms instead of roll arms)	(lift and lower bean bags instead of throw)	(throw ball, partner or leader retrieves it)	(roll ball instead of throwing ball)	(wiggle/jump in place instead of dance)	(walk/march in place instead of swim)	(touch knees instead of toes)