UNIVERSAL DESIGN FOR LEARNING (UDL)

All tamariki/children have the right to have access to the Health and Physical Education curriculum.

Inclusion in physical education is a result of purposeful planning that places ākonga / students at the centre of teaching and learning activities that both engages and challenges them.

What is Universal Design for Learning (UDL)?
The more a lesson caters for a range of learners in a class from its inception, the less energy and time teachers will need to put into 'retrofitting' activities to better address the needs of ākonga / students who struggle or are missing out.
UDL is a framework for looking at how we plan our goals, our teaching methods, the resources and materials we use, and the way we design assessments.

The UDL framework helps us:
- build our understanding of learner variability and its implications for teaching and learning
- identify and remove barriers to learning hidden in the way we routinely do things
- move away from random well-intentioned acts of inclusion
- collaborate and work together using a shared language and evidenced-based approaches
- guides deliberate coherent innovation in inclusive design
- realise our vision for *The New Zealand Curriculum* and inclusive schools.
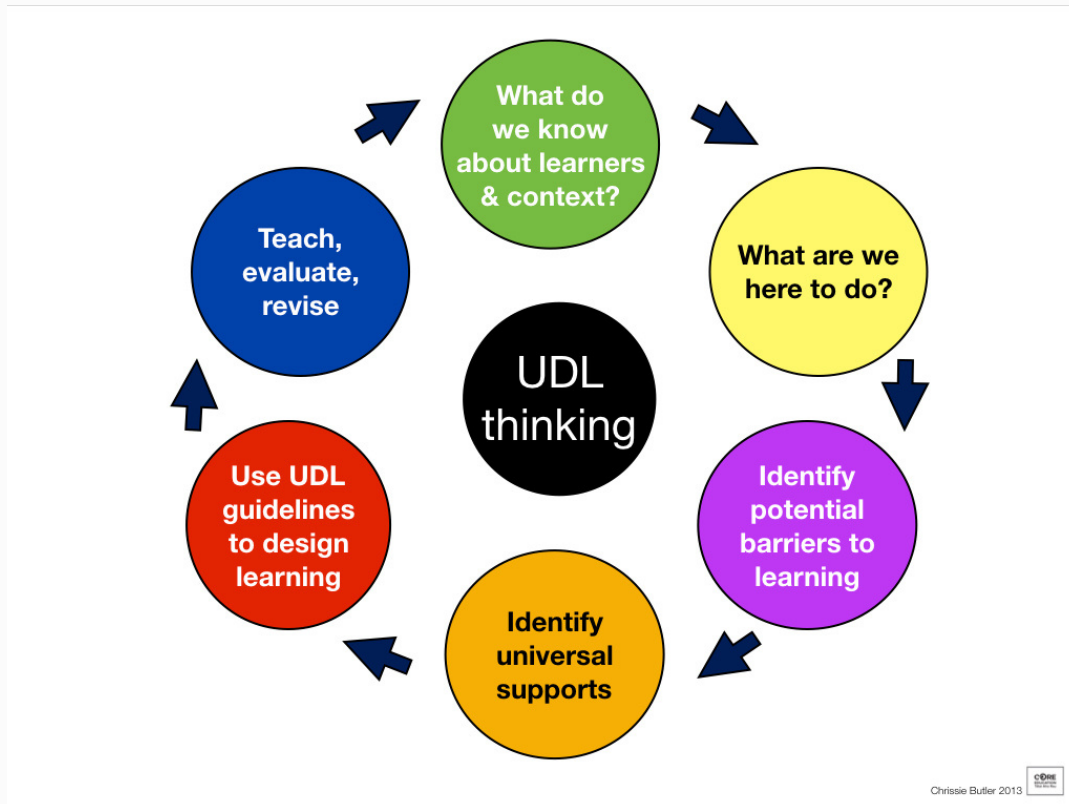
(from Why UDL is valuable | Inclusive Education (tki.org.nz)

Consider your own or your school's practices

What are the benefits of using a UDL approach to planning for inclusion in physical education?

Using the stages of UDL thinking, have a go at planning an activity, lesson, or school event.

Credit Chrissie Butler, from Why UDL is valuable | Inclusive Education (tki.org.nz)

Useful resources
- Inclusive PE webinar and Ideas for Inclusive Physical Education paper (PENZ, August 2020)
- Universal Design for Learning (TKI) Design learning to meet the diverse and variable needs of all students in your classroom
- Watch this video where Learning facilitator Chrissie Butler discusses Universal Design for Learning (UDL)
- The UDL Guidelines are a tool used in the implementation of Universal Design for Learning, a framework to improve and optimize teaching and learning for all people based on scientific insights into how humans learn.