



Texas School for the Blind & Visually Impaired Outreach Programs

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Addressing the ECC: Career Education

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3:00-4:00 PM

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Developed for

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Addressing the ECC: Recreation and Leisure

Recreation and Leisure Skills

- Important for health
 - Physical
 - Mental
- Important for social reasons
- Important for family dynamics
- Important for self-esteem and self-identity



Figure 1 A young man with deafblindness and his intervener at the bowling alley.

Leisure

“What we do during our working hours determines what we have; what we do in our leisure hours determines what we are.”

George Eastman

<http://www.brainyquote.com/quotes/keywords/leisure.html#mdztlkiM7t0Yw5Lt.99>

Recreation or Leisure

To understand the full power and potential of leisure, it is important to separate it from another closely related word, recreation. Simply stated, recreation can be understood as the activity or experience, while leisure is seen as the outcome of the experience (definition of terms, 1999). Leisure is used in professional and academic circles and is relevant when addressing the need to develop within youth with disabilities a complete and balanced lifestyle.....

Leisure has several distinct, yet related meanings. True leisure is a process involving freedom, self-discovery, and growth.

Discover Leisure Education <http://www.nchpad.org/discoverleisure/leisure.html>

Leisure Education...

"... provides individuals the opportunity to enhance the quality of their lives in leisure; understand opportunities, potentials, and challenges in leisure; understand the impact of leisure on the quality of their lives; and gain knowledge, skills, and appreciation enabling broad leisure skills."

(Inclusive Leisure Services: Responding to the Rights of People with Disabilities, 2nd Ed., 2002, State College, PA: Venture Publishing, p. 211)

National Center on Health, Physical Activity and Disability (NCHPAD)

<http://www.nchpad.org/discoverleisure/find.html>

Barriers to Physical Activity

- Children's level of vision
- Lack of recreational and sports opportunities
- General physical educators' lack of knowledge about curricular modifications
- Lack of appropriate facilities, and
- Lack of parental knowledge of physical activity resources

Parents' Perceptions of Physical Activity for Their Children with Visual Impairments, JVIB, March-April, 2013. Kara Perkins, Luis Columna, Lauren Lieberman, and JoEllen Bailey

Leisure Skills....Endless Options

- Gardening
- Sewing and weaving
- Sculpting, painting, photography
- Origami
- Cooking
- Camping
- Music
- Games (online /face-to-face)
- Collecting
- Fishing, canoeing, rowing
- Beading & jewelry making



Figure 2 A collage of pictures showing students with visual impairments engaged in a variety of recreation and leisure activities that include starting from top left moving clockwise: three students drumming, a student with a blindfold on jumping in a track event; a young teenage girl painting a plate; a boy and adult in harness preparing to try a ropes course.

TVI and COMS Roles

- Assesses as part of the ECC
- Collaborates with APE or PE, family and other staff regarding individual student needs especially related to visual condition
- Provides information and support to family and staff regarding adaptations and modifications to materials and instruction
- Collaborates with family, education, rehabilitation, and community entities to provide instructional opportunities and activities
- Consults with staff and family about use of verbal descriptions and use of movement for learning
- Encourages involvement of student in physical activities and not just as scorekeeper, etc.
- Reminds about benefits of having child use vision and touch for demonstration
- Provide instruction in sighted guide
- Give suggestions on modification of games and rules
- Provide special equipment

Assessment

Not just one tool, but here are some suggestions:

- EVALS Kit – Section 1, pps. 351-372
- Functional Scheme Assessment – especially Fine and Gross Motor

APE Evaluation Region 10 ESC

http://www.region10.org/r10website/assets/File/ape_eval.pdf

- CTAPE (Competency Test for Adapted Physical Education)
- Adapted Physical Education Assessment Scale (APEAS) Elementary Level and Secondary Level
- Project Mobilitee (PM)
- TGMD (Test of Gross Motor Development)
- The Functional Motor Assessment (MATP)
- CTAPE and LaMAP Assessment Supplement
- Brockport Physical Fitness Test
- Fitnessgram
- Region 10 Low Motor Evaluation
- The Region 10 Wheelchair Motor Evaluation
- Region 10 Motor Evaluation for Visually Impaired Students
- Region 10 Lifetime Leisure Supplement
- Louisiana Motor Assessment for Preschoolers
- Physical Education Participation Inventory (P.E.P.I)
- Ecological Surveys
- Lifetime Recreation / Leisure Survey

Common Conditions and Considerations

Eye Condition	Considerations
Total Blindness or Light Perception only	Need individual support and tactual instruction
Macular Degeneration or Stargardt's	Central vision loss, need to use side vision, instruction provide at very close range
Cataracts	Foggy vision and light sensitivity, caution regarding lighting, glare and need close instruction
Glaucoma	Affects peripheral vision, instruction needs to be directly in front
Retinitis Pigmentosa	Like glaucoma but also has problems with night vision and changes from light to dark environments
Retinal Detachment	Vision varies according to detachment. Extreme precaution against head blow, needs significant lighting

Games to Avoid?

- Basketball
- Baseball
- Tennis
- Soccer
- Badminton

.....In general, games with balls.

Share these Games

- Beep Baseball (<https://www.youtube.com/watch?v=PvvsPkt-aLk>)
- Tennis (<http://www3.lta.org.uk/Tennis-Foundation/Tennis-for-Disabled-People/Visually-Impaired-Tennis>)
- Goalball (<http://usaba.org/index.php/videos/P5/>)
- Beep Kickball (<http://www.beepkickball.com/>)



Figure 3 Website showing a YouTube video of the Austin Blackhawks beep baseball team.



Figure 4 The Tennis Foundation website under the disability tennis tab with tennis video.



Figure 5 USABA website with video of goalball.



Figure 6 Beep Kickball website with video of kickball.

Individual Sports

- Cycling
- Running
- Spinning
- Swimming
- Yoga
- Walking
- Hiking
- Martial Arts (judo, t'ai chi, etc.)
- Aerobics
- Weight training
- Bowling
- Darts
- Dance
- Gymnastics
- Archery
- Wrestling
- Triathlon

Individual Fitness and Sports

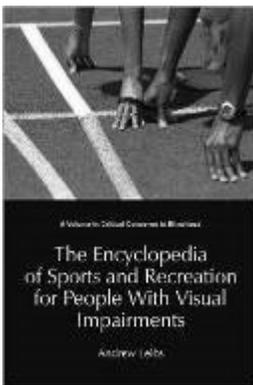


Figure 7 Cover image of the book, *The Encyclopedia of Sports and Recreation for People with Visual Impairments*.

Available on Amazon at <http://www.amazon.com/gp/product/1623960401?selectObb=new>

Lauren Lieberman

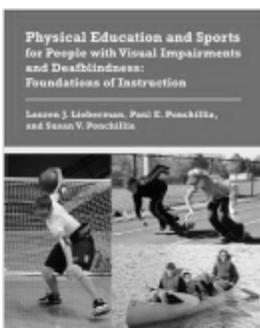


Figure 8 Cover image of the book, *Physical Education and Sports for People with Visual Impairments and Deafblindness: Foundations of Instruction*.

CampAbilities.org



Figure 9 Information about Camp Abilities Texas from the campabilities.org website.

Addressing Multiple Disabilities

Don't rule out any physical activity!

Adaptive P.E. Games for Blind and Visually Impaired Students by Elina Mullen, Ed.D.

<https://www.youtube.com/watch?v=PB9eCkh4Ryk>

- Active Learning environments
- Collecting
- Art of all kinds
- Music, especially with movement
- Pets
- Hippotherapy
- Water therapy
- Etc.

Poll #3

What are some other recreation and leisure ideas for individuals with VIMD?
Please share your ideas in the poll or chat.

Important to Remember

- Find activities that appeal to the individual
- Provide a variety of experiences to help determine what is most enjoyable
- Make sure the individual has access to materials and ability to choose what is enjoyable
- Have multiple recreation and leisure activity options

TAPVI

<http://txsbvi.knowbility.org/>



Figure 10 Information about the TAPVI Fun Events on the TAPVI website.

Information on Organizations

Adapted Athletic/Sport Organizations on the APH website at

<http://www.aph.org/pe/organizations.html>

Sports, Recreation and Leisure Resources on ACB website

<http://acb.org/node/1641>

Great Resource from AFB.org

<http://www.afb.org/store/Pages/ShoppingCart/ProductDetails.aspx?ProductId=eMtoL SERIES&uring=Yes>



Figure 11 Information about the Moving to Learn web-course from AFB.

More Information

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- Perkins Scout. Activity Bank http://www.perkinselearning.org/activity-bank?field_subject_area_s_tid=All&page=1
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<http://www.perkinselearning.org/scout/toys-play-young-children-visual-impairments>
- Region 10 ESC website, 2015. Practical Pointers and Instructional Strategies for Successful Inclusion in Physical Education.
[http://www.region10.org/r10website/assets/File/apeinclusion\(2\).pdf](http://www.region10.org/r10website/assets/File/apeinclusion(2).pdf)
- Region 10 ESC website, Leisure Resources for Blind and Visually Impaired Individuals
<http://www.region10.org/r10website/assets/File/apevi.pdf>
- Vision Aware website. Recreation and Leisure for Individuals who are Blind or Visually Impaired
<http://www.visionaware.org/info/everyday-living/recreation-and-leisure/12>
- Active Learning Page on TSBVI website. <http://www.tsbvi.edu/active-learning>

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Figure 12 TSBVI logo.



This project is supported by the U.S. Department of Education, Special Education Program (OSEP). Opinions expressed here are the authors and do not necessarily represent the position of the Department of Education.

Figure 13 IDEAs that Work logo and disclaimer.