



Virtual Resources for Pre-Teaching

Accessible Physical Education

Northwest Association for Blind Athletes

Introductions

- Northwest Association for Blind Athletes
 - Vision
 - Mission
 - Core Values
- Matt Coelho
 - Programs Specialist, Camp Spark & Sport Adaptations
- Kirsten French
 - Programs Manager, Camp Spark & Sport Adaptations
- Stacey Gibbins
 - VP of Programs and Services



Agenda

- What are virtual resources
- Accessing Virtual Resources
- Goals of virtual resources
- Why utilize virtual resources in pre-teaching
- How to utilize virtual resources in pre-teaching



Objectives

- By the end of this presentation, attendees will be able to:
 - Describe and access at least three virtual resources that they have available to them
 - Evaluate at least 5 scenarios where virtual resources would be helpful
 - Assess at least 3 ways other individuals can be engaged in the learning process



Poll Question: In what scenarios
is pre-teaching useful?



What are Virtual Resources (1)

Resources made available and accessible online to students and education team

- Include:
 - Video Resource Library
 - Teaching Manuals
 - Equipment Rentals and Lending Forms
 - Virtual Webinars
 - Physical Education Consultations



What are Virtual Resources (2)

- Virtual Resources can provide users with a variety of differing information
 - Equipment information
 - Resources for pre-teaching and progression
 - Lesson plan guides



Accessing Virtual Resources



NWABA Video Resource Library

- Audio described videos of physical education skills including locomotor, object control, and fitness with more coming
 - 40 new videos coming in 2022!
- <https://nwaba.org/sports-programs/video-resource-library-1/>



[Locomotor Skill: Hopping - YouTube](#)

Tactile Diagrams and Teaching Manuals

- Documents of pre-teaching specific skills
- Common adaptations and accessible articles of equipment
- Common progressions towards mastery



NWABA Adapted Equipment Library

- Over 400 pieces of adapted equipment
- Accessible lending form to be emailed to NWABA for equipment requests
- Equipment is sent Free Matter for the Blind, free of charge to all athletes
- Note: Only available to WA, OR, ID, and MT



PE Consultations and Virtual Webinars

- PE Consultations
 - Consultation through email, phone call, or video call
 - Increase and promote virtual resources that are available
- Virtual Webinars
 - Online sessions discussing accessibility, adaptations, and educational topics
 - Provide tools and resources to athletes, educators and families



Goals of Virtual Resources



Accessible way to access materials

- Materials to aid in lesson planning and pre-teaching
- Allowing pre-teaching to commence
- Athletes gain and review information



Poll Question: What virtual resources can be used in pre-teaching?



Utilizing Virtual Resources in Pre-Teaching



Video Resource Library

- Pre-teaching strategies, teaching progressions
- Instructional lessons of locomotor, object control and fitness skills
- Allows building of
 - foundational knowledge of vocabulary
 - Equipment understanding
 - Environmental layout
 - Conceptual knowledge of lesson goal



Teaching Manuals

- Garner ideas and processes around pre-teaching
- Gain understanding of skill
- Familiarize with vocabulary, equipment adaptations



Using Virtual Resources



[Locomotor Skill: Sliding - YouTube](#)

What are some pre-teaching examples from the video?



Poll Question: Who should
do pre-teaching?



Virtual Resources and Other Skills

- Integration into other skills
 - Orientation and Mobility Skills
 - Recreation and Sport Skill Crossover
 - Locomotor Skills



Virtual Resources and Other Skills 2

- Allows multiple touches and repetition of practice allowing progression
- Engage multiple persons to engage in pre-teaching
 - Peer engagement in teaching
 - Instructors
 - O&M Instructor
 - TVI
 - Families



Questions and Answers



Resources

- [PE Consultations](#)
- [Adapted Equipment Lending Library](#)
- [Video Resource Library](#)
- Contact Information
 - Matt Coelho
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Upcoming Webinars

- Tuesday, Nov. 15 – Fostering Independence Using Pre-Teaching Strategies
- Tuesday, Nov. 29 – Adapting Pre-Teaching Strategies for Students with Complex Needs



Thank You!

