Skill Crossover in O&M and Physical Education

Northwest Association for Blind Athletes
Introductions

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• Northwest Association for Blind Athletes
  • Mission
  • Sports Adaptations Program
Agenda

• Physical education overview
• O&M overview
• Cross functionality
• Practical applications
• Conclusion
• Q&A
Objectives

• By the end of this presentation, participants will be able to:
  • Name and describe at least 5 cross function skills between orientation and mobility and physical education
  • Defend at least 3 benefits of O&M skill practice in PE
  • Design 3 activities to implement in their teaching
Physical Education
Key Concepts – Physical

• Body awareness
• Gross motor skill development
• Physical fitness
• Social interaction
• Healthy lifestyles
Curriculum Examples – Physical Education

• Locomotor skills
• Object control skills
• Cardiovascular fitness
• Sport specific skills
• Health
Ultimate Goal – Physical Education

• Confident individuals who are able to live safe, healthy and fulfilling lives
What are some examples of key concepts in PE?

Poll Question
Orientation and Mobility
Key Concepts - O&M

• Sensory development
• Sound localization
• Directionality
• Cardinal directions
• Body awareness
• Body movement
Curriculum Examples – O&M

• Cane skills
• Wayfinding
• Problem-solving skills
• Map making & reading
• Landmarks & clues
• Naming & labeling
Ultimate Goal – O&M

• Independent application of:
  • Knowing where you are
  • What is around you
  • Where you are in relationship to other things
  • Where you are going
What are some key concepts in O&M?

Poll Question
Cross Functionality
What key concepts did you notice for both curricula?

Please put any thoughts in the chat!
Practical Applications
Basketball

Scenario
• PE lesson
  • Unit: Basketball
  • Age of student: 8th grade

Discussion Questions
• What O&M concepts might be applied to these lessons?
• How might you cover these?
• How can the PE teacher apply these concepts?
• How might these change for older students?
PE Games

Scenario
• PE games
  • Game: Steal the bacon
  • Age of student: Older elementary/middle school

Discussion Questions
• What O&M concepts might be applied to these lessons?
• How might you cover these?
• How can the PE teacher apply these concepts?
• How might these change for older students?
Your Students

• Tell us about a PE unit or skill your student is working on currently
• What is an O&M skill they are currently working on?
• How can these be interwoven?
• What support or resources do you need?
Conclusion
How do you plan to implement what you learned?

Share some thoughts in the chat!
Q&A

Please place any questions in the chat or unmute to ask your question
Thank You

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