



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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