

HOW TO MAKE PHYSICAL ACTIVITY INCLUSIVE

for Children with Intellectual and Developmental Disabilities

Here are ideas for how to make physical activity inclusive for children with intellectual and developmental disabilities (I/DD).

Each bolded item represents a handout in this toolkit!

PHYSICAL ACTIVITY is any movement that increases heart rate and breathing such as running, climbing, jumping, dancing, etc.

Learn about the laws and best practices for including children with I/DD in physical activity:

- **Legal Requirements for Including Children with I/DD in Physical Activity**

Get ideas for ways to adapt or modify activities to include children with I/DD:

- **Tips to Adapt Physical Activities to Include Children with I/DD**
- **Overcoming Barriers to Including Children with I/DD in Physical Activity**
- **Social Inclusion and Physical Activity**
- **Zones, Stations, and Relays**
- **Try Structured Recess**
- **Principles of LET US Play**

Support physical activity goals for children with I/DD:

- **Use Education and Service Plans to Support Healthy Habit Goals for Children with I/DD** (in the 'Getting Started' section of this toolkit)
- **Use Transition Plans to Support Healthy Habits for Teens and Young Adults with I/DD** (in the 'Getting Started' section of this toolkit)
- **Everyone Plays a Role in Making Physical Activity Inclusive for Children with I/DD**

