Going Places: Transition Guidelines for Community-Based Physical Activities for Students Who Have Visual Impairments, Blindness, or Deafblindness

Going Places is a resource guide for introducing teens and young adults to community-based, independent physical fitness activities. Designed to help foster independence and self-advocacy, it outlines a step-by-step process for choosing and participating in sports and other physical activities outside of school.

Using the acronym PLACES, Going Places guides the user through this process:

- **Preferences**
  (what do you like to do?)
- **Leisure, sport, and fitness activities**
  (here’s what you might do)
- **Awareness**
  (how can you find out where and how to do it?)
- **Choices**
  (how do you decide in what to participate?)
- **Exploration**
  (how can you get the most out of it?)
- **Skill development**
  (how can you get better at it?)
With over 40 activities listed, the guide includes a description of the activity, modifications or accommodations that may be necessary, and suggestions for developing needed skills. For many activities a rating chart is included, offering evaluation for that activity on social, exertion, inclusiveness, and participation levels. Included throughout the guide are real-life stories from individuals who are visually impaired, blind, or deafblind who participate successfully in a sport or physical activity.

*Going Places* meets the six national content standards on physical education established by the National Association for Sport & Physical Education (NASPE). In addition, *Going Places* contains specific advice and information for the user who is deafblind.

Eight appendices include additional information on activities to do at home, nutrition, worksheets, and profiles of famous athletes who are visually impaired or blind.

*Going Places, Large Print/CD:*  
7-13090-00....$68.00

*Going Places, Braille/CD:*  
5-13090-00....$68.00

**Replacement Item**  
Braille Worksheet Packet:  
5-13091-00....$22.00