



Adapted Physical Education
Activities for Distance Learning
for Students 7th grade - Transition

Chino Valley Unified School District – Special Education Department

Mission Statement for Adapted Physical Education

- The goal of the Adapted Physical Education (APE) Staff during this very challenging time is to make sure our students continue to stay active. We are aware that some of you may have limited space and equipment, so we are going to do our best to deliver appropriate lesson plans, videos and resources that will allow for your child to stay active.
- We are recommending families to use the activity log to chart your child's activity.
- Your Adapted Physical Education Teacher will also maintain contact with you and your family from now until the end of the school year whether that's through email, phone calls, and/or virtual meetings.
- Thank you for your patience and flexibility through this unprecedented time in our lives. Stay safe and healthy!

Cardiovascular Endurance



Cardiovascular endurance is the ability of the heart, lungs and blood vessels to deliver oxygen to your body tissues. The more efficiently your body delivers oxygen to its tissues, the lower your breathing rate is.



Examples of Cardiovascular Endurance: Walking briskly, running/jogging, dancing, biking, climbing stairs and aerobics.



Performing any of these activities for at least 30 minutes at a time will improve your child's cardiovascular endurance.

Muscular Endurance



Muscular endurance is the ability of a **muscle** or group of **muscles** to sustain repeated contractions against a resistance for an extended period of time. It is one of the components of **muscular** fitness, along with **muscular** strength and power.



Examples of muscular endurance: Plank, body weight squats, walking lunges, push-ups and sit-ups

Plank

- The plank is an isometric core strength exercise that involves maintaining a position similar to a push-up for the maximum possible time.
- Hold plank position for 10 to 15 seconds.
- As your child progresses hold position for longer.



Modified Plank

- Hold Modified plank position for 10 to 15 seconds.
- Add time as your child progresses.



Modified Plank

- Hold modified plank position for 10 to 15 seconds.
- Add time as your child progresses.



Body Weight Squats

- Students should perform 3 sets of 10 reps.
- If this is too difficult for your child, then 2 sets of 10 reps.

- 1. START WITH LEGS HIP-WIDTH APART**
- 2. SQUAT DOWN, MAKING SURE YOUR BUTT IS BACK AND YOUR KNEES AREN'T GOING FORWARD PAST YOUR TOES**
- 3. GO BACK UP, SQUEEZING GLUTES AT THE TOP, AND REPEAT**



Walking Lunges

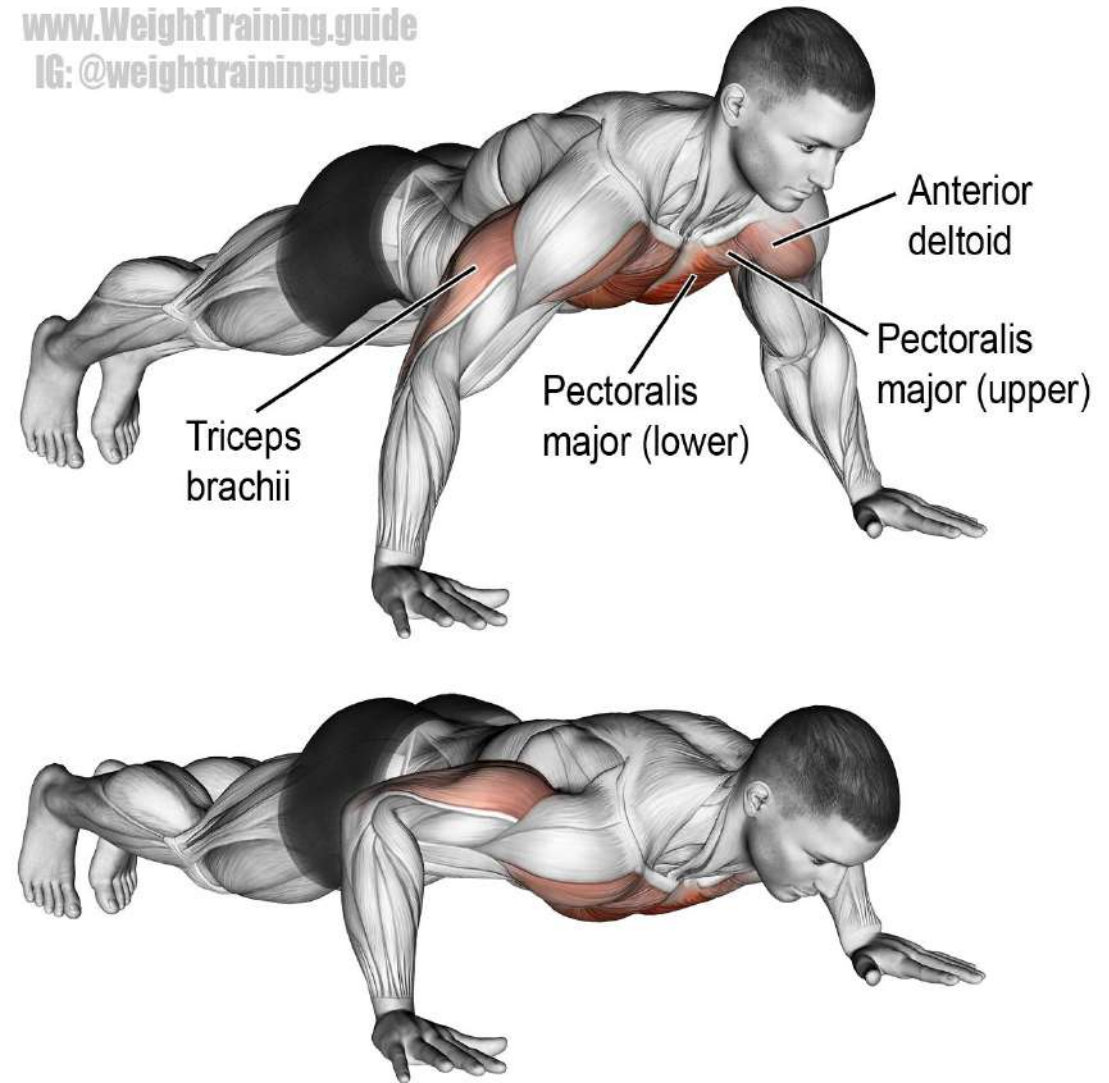
- **Walking lunges** are a variation on the static **lunge** exercise. Instead of standing back upright after performing a **lunge** on one leg, as you would in a static bodyweight **lunge**, you “**walk**” forward by **lunging** out with the other leg. The movement continues for a set number of reps.
- Students should perform 3 sets of 10 reps.
- If this is too difficult for your child, then 2 sets of 10 reps.



Push-Ups

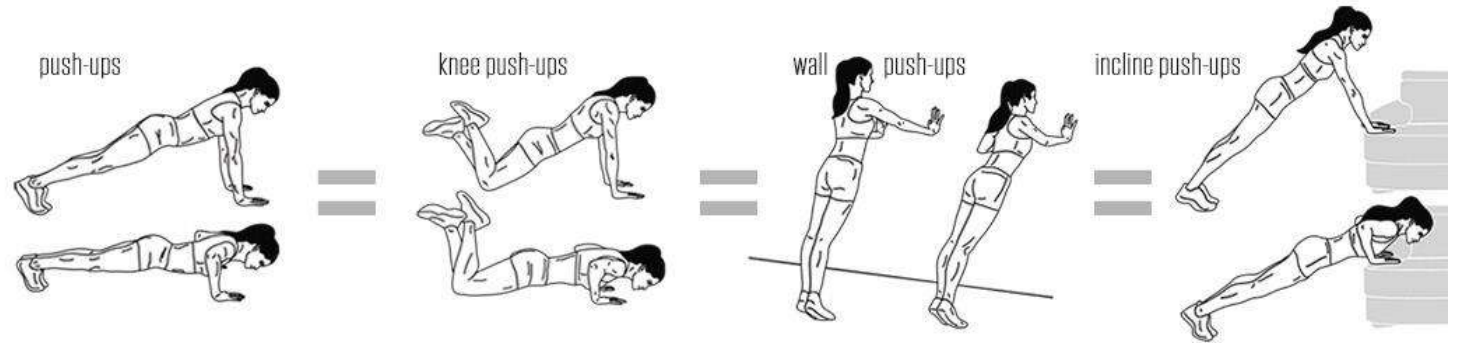
- A push-up is a common calisthenics exercise beginning from the prone position. By raising and lowering the body using the arms, push-ups exercise the pectoral muscles, triceps, and anterior deltoids, with ancillary benefits to the rest of the deltoids, serratus anterior, coracobrachialis and the midsection as a whole.

www.WeightTraining.guide
IG: @weighttrainingguide



Modified Push-Ups

- These are other examples of modified push-ups if your child struggles with performing traditional push-ups.

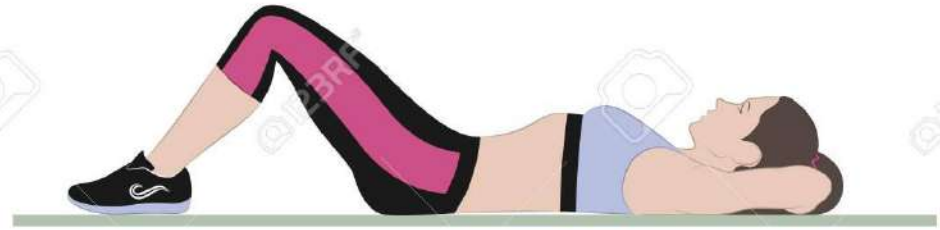


Sit-Ups

- Students should perform 3 sets of 10 reps.
- If this is too difficult for your child, then 2 sets of 10 reps.

SIT-UPS

Classic Sit-Ups



Flexibility

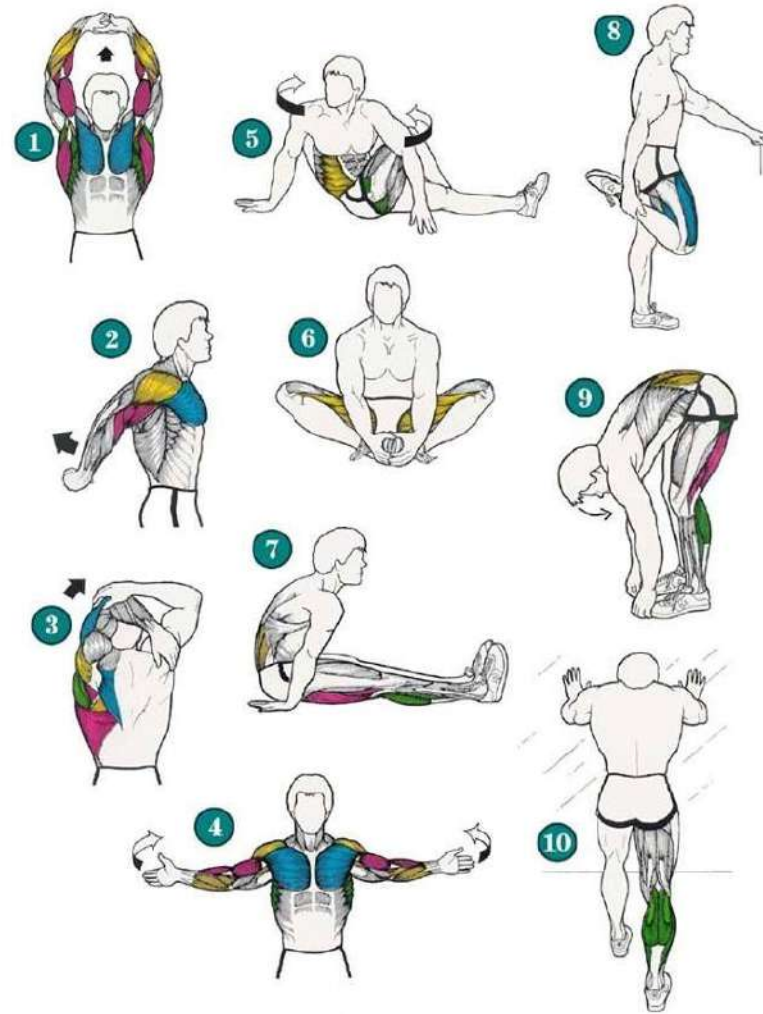
- The ability to move joints of the body through a normal range of motion.
- Hold positions for 15 to 20 seconds when performing



Flexibility

- The ability to move joints of the body through a normal range of motion.
- Hold positions for 15 to 20 seconds when performing

Stretching for Flexibility



Strength Training

- **Strength training** involves the performance of physical **exercises** which are designed to improve **strength** and endurance. It is often associated with the use of weights but can take a variety of different forms.

Strength Training Examples



Bench press



Heel lift



Front squat



Side to side bend



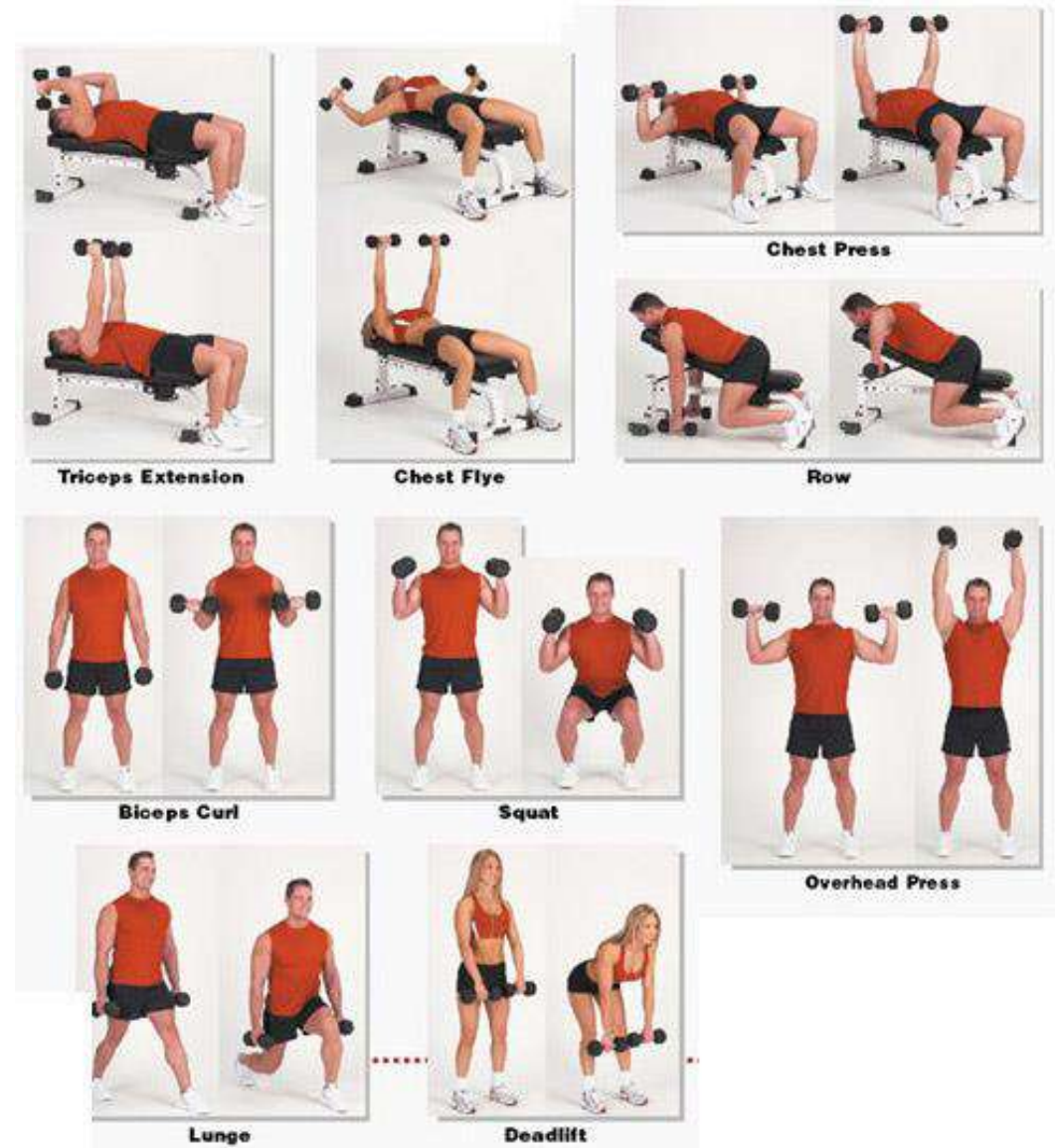
Two hands curl



Deep knee bend

Strength Training Examples

- Perform each exercise for 3 sets of 10 reps
- If you do not have weights, you can use a full bottle or cans to perform these exercises.





Contact Information

- Joanne Spring-
 - joanne_spring@chino.k12.ca.us
- Leslie Byrne-
 - leslie_byrne@chino.k12.ca.us
- Lindsey Bell-
 - lindsey_bell@chino.k12.ca.us
- Lisa Thompson-
 - lisa_thompson@chino.k12.ca.us
- Tommy Strahan-
 - tommy_strahan@chino.k12.ca.us
- Tony Fiandaca-
 - tony_fiandaca@chino.k12.ca.us