

Adapted PE Goals & Objectives for Rafael Agda

Goal: Using verbal prompting, physical assistance and supervision, Raphael will participate in health/fitness activities and sports skills that will provide opportunities for enjoyment and challenge

Objectives:

using verbal prompting, hand over hand assistance Raphael ,will dribble the ball with preferred hand.

using dominant hand and hand over hand instruction, the student will throw a small ball overhand to a partner or a target

using verbal prompting, physical assistance and close supervision, Raphael will ride a bike for 30 minutes.

using verbal prompting, physical assistance and close supervision, Raphael will run/walk alongside staff or peer the length of the gym or 25 meters without stopping.

Raphael will step over 3 inch hurdles to improve coordination and balancing skills trials.

Suggested home activities to meet these goal/objectives:

1. Dribbling or bouncing a ball with hand over hand assistance
2. Thowing a small ball, bean bags, stuffed socks to a target using overhand throw
3. Running
4. Riding a bike with assistance (only if bike is available at home)
5. Stepping over objects to improve coordination and balancing skills
6. Stretching upper and lower body/exercises
7. Watch exercise/dance videos

