

# ADAPTED PHYSICAL EDUCATION



# WHAT IS A.P.E.?

**Adapted physical education (APE)** is physical education which may be adapted or modified to address the individualized needs of children and youth who have gross motor developmental delays.

A.P.E. is a Service **NOT** a placement!

- Teachers and Paraprofessionals are with students five days a week, while the A.P.E. Specialist visit around once a week. I strive to become a resource for you. If you need ideas or strategies to deliver an appropriate P.E. program that can be used during the other four days, I'm here to help.

# WE ARE A TEAM!

**Teachers, Paraprofessionals and Specialist must work together in order to create a meaningful and productive A.P.E. program.**

- Every class session I will do my best to arrive early to inform everyone of the Game Plan.

**Game Plan: The lesson for that day and behaviors to look out for.**

## The Big 5:

1. Communicate questions or concerns
2. Stay consistent with A.P.E. rules
3. Identify student that need help
4. Encourage participation
5. Be a TEAM player.



# A.P.E. RULES

- Respect both your teachers and your peers.
- Listen to instructions
- Follow game rules
- Give your 100% effort.
- Have FUN!!!!

## Discipline Plan

- 1.) Provide one verbal warning
- 2.) Removed from game to wait spot
- 3.) 1 on 1 with teacher in the back of the gym
- 4.) Removed entirely from lesson and sent back to class



# A.P.E. CURRICULUM

**Pre school - 6th grade:** Developmental motor skills, movement concepts

**Middle school:** game concepts such as offense/defense, rules and boundaries, playing a position on a team and simple strategy

**High School:** Improve on game concepts in individual area of interest, pursue different avenues for life long activity and fitness

**Transition/Adult:** Connect with community activity organizations such as Special Olympics or recreation leagues to ensure opportunity for fitness and social interaction, advocate for new opportunity



# SERVICE MODELS

**Push in Model:** The main goal of the push in model is to access the same physical education curriculum as peers. This is done through modification of rules or equipment to maintain as similar of experience as possible when compared to peers.

**Pull Out Model:** This model is used for one on one teaching of specific skills or in special situations when activity is limited and it is best facilitated through one to one instruction.

**Collaborative or Group Model:** This model focus's on individual performance within the context of a group to promote socialization. All students start on the same activity and depending on individual needs are progressed on individually to new challenges.

**Consultation Model:** The consultation model is used when a student is able to participate in General Education PE with minimal support. It is done using a collaborative effort between GE, GPE, SE, and APE teachers.



