

ORANGE COUNTY PUBLIC SCHOOLS  
ADAPTED PHYSICAL EDUCATION SERVICES GUIDE

STUDENT NAME \_\_\_\_\_ DATE \_\_\_\_\_

EXCEPTIONALITY \_\_\_\_\_ AGE \_\_\_\_\_ GRADE \_\_\_\_\_

DIRECTIONS: Circle the number which best describes the level at which the student is functioning in each of the seven categories. Total the scores for all categories. Use the following scale to determine the suggested PE placement:

- |         |   |
|---------|---|
| 0 - 2   | Direct services with APE teacher monthly and/or consultative APE services |
| 3 - 14  | Direct services with APE teacher weekly                                   |
| 15 - 19 | Student in general PE class with APE teacher co-teaching or consulting    |
| 20 - 22 | No APE; student in general PE class                                       |

1 Student demonstrates competency in many movement forms and proficiency in a few forms of physical activity.

- 0 Sits with support; unable to roll over or to bear weight on hands and knees
- 1 Sits unsupported; moves body or wheelchair 10 feet; may hold object, strike suspended object or roll ball
- 2 Walks or pushes wheelchair in daily activities; can grasp/release or throw on request; has beginning catching skills; may have poor balance
- 3 Can perform some basic motor skills (walk, run, jump, hop, leap, gallop) or has good wheelchair skills; has some kicking, throwing, catching, striking skills
- 4 Demonstrates good locomotor, kicking, throwing, catching, striking and dribbling skills; demonstrates shapes, levels, directions, pathways and ranges; chases, flees, dodges; can manage own body weight in a variety of situations such as hanging, climbing, balancing

2 Student applies concepts of human movement to development of motor skills and learning of new skills

- 0 Has no understanding of how to absorb force, establish base of support, land safely, design sequences; does not use movement control in large group to avoid bumping into others or falling; does not understand proper technique or characteristics of skills
- 1 Beginning to realize how to absorb force to receive oncoming object; beginning to establish base of support for balance; beginning to understand how to land or fall safely; beginning to realize different ways to throw; may be able to move in group without bumping into others or falling
- 2 Easily absorbs force and knows ways to establish base of support using various body parts and principles of balance; can land safely; can move in sequence in different pathways; can use various locomotor skills to move in a large group without bumping into others or falling; knows characteristics of a mature overhand throw
- 3 Uses basic movement concepts (spatial awareness, body awareness, transfer of weight) in games and dances

3 Student analyzes the benefits of regular participation in physical activity

- 0 Does not realize there are any changes in the body during physical activity
- 1 May realize there are some changes to the body during physical activity; sometimes enjoys physical activity
- 2 May know where the heart is located; can identify some changes in the body during physical activity
- 3 Knows where the heart is located and that it is a muscle that will become stronger with physical activity; knows some ways in which physical activity promotes muscular strength, endurance and flexibility; can describe some healthful benefits that result from regular participation in vigorous activity; identifies some activities that improve skill and health

4 Student achieves and maintains a health enhancing level of physical fitness

- 0 Needs assistance to move most joints through a functional range of motion
- 1 Can independently move some joints through a functional range of motion
- 2 Beginning to realize there are changes in respiration during vigorous physical activity; beginning to learn warm-up and cool-down exercises; can participate in some health related fitness items
- 3 Understands changes in respiration during physical activity; knows warm-up and cool-down exercises; participates in health related fitness assessment; knows how to maintain continuous aerobic activity for a specified periods of time to improve endurance; knows activities that promote a faster heart rate; knows proper stretching increases flexibility and why flexibility is important

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