

Student name: _____

Adapted PE Lesson week 1

Instructions: Students choose just one option in each of the categories of Stretching, Warm up and Lesson. Although daily exercise is encouraged, only 30 minutes a week is required to meet IEP goal. This lesson is only needed to be done one time during the week.

1: Stretching (Complete 1 of the following options)

Option 1: (Stretches are done sitting down):

- Roll your head
- Roll your shoulders
- Straight legs and spider drawl hands all the way up to tippy toes
- One foot in and one foot out and touch the toe that's out.
- Switch! Same thing to the other side.
- Both feet in and now we're in butterfly! Wiggle legs up and down (Student can think of a place to pretend to fly to for added fun)
- Nose to toes while in butterfly

Option 2: Type the following URL in browser and complete stretches from song

<http://www.youtube.com/watch?v=EpdkqVIsNPY> (Have Fun Teaching Stretching Song)

Option 3: Come up with your very own stretches!

Check off one of the following that student completed: Option 1 Option 2 Option 3

2: Warm up (Complete 1 of the following options)

Option 1: Do anything to get your heart rate up for at least 5 minutes. Ideas may include a walk, dance, play outside, ride a bike, jumping jacks, run etc.)

Option 2: Type the following URL in browser and complete warm up song

https://www.youtube.com/watch?v=PCqsL_SBXbs (Have Fun Teaching Running Song)

Check off one of the following that student completed: Option 1 Option 2

3: Lesson (Complete 1 of the following options)

Option 1: Practice the skill of kicking a stationary ball for at least 10 min. with the following steps:

- 1: Rapid, continuous approach to the ball
- 2: Take an elongated stride or leap just prior to ball contact
- 3: Non-Kicking foot placed close to the ball
- 4: Kick ball with instep or inside of preferred foot (not the toes)

Option 2: Do anything that involves gross motor skills (Large movements). Ideas include: Run, Gallop, Skip, Jump, Slide, Baseball, Tennis, Basketball, Throwing, going to the playground etc.

Check off one of the following that student completed: Option Option 2

After completion, turn in to classroom teacher or send back in an email to dsedgwick@dsdmail.net (Email can be as simple as saying something like: "My student completed Stretching, Warm up, and Lesson")

Any modifications for students with more severe disabilities are acceptable.
(Hands on assistance, model, verbal cues etc.)

Parent Signature: _____

