

CSULB APE Program developed for children who attend the After School Adapted Physical Activity Program (CSULB ASAPP)



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The following document includes :

- ★ List of PE resources that provide Adapted Physical activity resources for professionals and families (page 1)
- ★ Daily PE activity for APE students to do at home (page 2)

Note: Page 2 of the CSULB APE Program developed was adapted using the following Source: Facebook group: Adapted PE Specialists- Josi Schultz
([tps://docs.google.com/document/d/1Jw5BPhXrOUEW3tc0GDTwATHNB3p4FtyRI_HvTjS67sl/mobilebasic](https://docs.google.com/document/d/1Jw5BPhXrOUEW3tc0GDTwATHNB3p4FtyRI_HvTjS67sl/mobilebasic))

List of Physical Education Resources

Title of Resource	Link to Resource
Open Physical Education	https://openphysed.org/activeschools/activehome
SHAPE	https://www.shapeamerica.org/covid19-resources.aspx
PE Central	https://www.pecentral.org
CBHPE	https://www.cbhpe.org/templates
NCHPAD	https://www.nchpad.org/
SPARKeacademy	https://www.sparkecademy.org
The PE Specialist	https://www.thepespecialist.com/home/
Musical PE Plus	http://www.musicalpeplus.com/MusicalPePlus.com/Welcome.html
PE Kansas	https://pe-kansas.com
SPARK PE	https://sparkpe.org
Fit 5	https://resources.specialolympics.org/health/fitness/fit-5-page
Lazy Monster	Free: https://apps.apple.com/us/app/workouts-exercises-at-home/id882240858
Super Stretch Yoga	Free: https://apps.apple.com/us/app/super-stretch-yoga/id456113661
Yoga For Kids	Free: https://apps.apple.com/us/app/yoga-for-kids-daily-fitness/id1405597264
Sworkit Kids	Free: https://apps.apple.com/us/app/sworkit-fitness-workout-app/id527219710

Monday Stretch + Skill	Tuesday Strength + Skill	Wednesday Cardio	Thursday Choice+ Skill	Friday GET OUTSIDE
23 MARCH Super Stretch Yoga + Underhand Roll	24 MARCH Can Goods as Weights + Underhand Roll	25 MARCH DANCE MIX	26 MARCH Construction Movement Slides + Run in place	27 MARCH Go For a Walk
30 MARCH Squish the Fish Yoga + Overhand Throw	31 MARCH Yoga + Overhand Throw	1 APRIL Partner (sibling/parent) exercises! partner exercises	2 APRIL Stretch, Strength, or Cardio + Jump in place	3 APRIL Go to a Park you have never been to!
6 APRIL Balancing Activities by Pink Oatmeal Pink Oatmeal IG videos + Catch	7 APRIL Exercise Routine w/Visuals + Catch	8 APRIL Jack Heartman https://youtu.be/RzbTmBlpGdQ	9 APRIL Invent a game with items from home + Hop in place	10 APRIL Scavenger Hunt (Indoor/Outdoor)
13 APRIL Seated Yoga (Chair) + Stationary Dribble (w/ ball or balloon)	14 APRIL 54 Card Play Exercises + Stationary Dribble (w/ ball or balloon)	15 APRIL Seated 30 min boxing workout	16 APRIL Game to play with paper plates + Jog in place	17 APRIL Explore your Backyard. Can you find something for each color of the rainbow? 🌈
20 APRIL Med Ball & Dumbbell Seated Exercises + Balloon volley (tracking and hand eye coordination)	21 APRIL Seated Exercises no weights needed + Balloon volley (tracking and hand eye coordination)	22 APRIL Kids Bop Dance Along https://www.youtube.com/watch?v=1GE0HdSGHRk	23 APRIL Bowling with empty water bottles, or cans, and a ball + Slide	24 APRIL Make an obstacle course out of things from your home and test it out
27 APRIL Yoga for Kids + Kick	28 APRIL Fitness card challenge 4 days of tracking progress + Kick	29 APRIL Drumming	30 APRIL ABC Movement for Spring + Run, jump, skip, hop, jog, or gallop	

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