



Adapted Physical Education (A.P.E)

WHAT IS A.P.E?

Adapted P.E is a physical education class that is specially designed to meet individual needs of all students. This class fits learners who may need extra assistance in their physical education, regardless of modifications and supplementation. This is considered a special education service that allows students to work on their fitness, sports skills, and gross/fine motor skills, and social participation.

PURPOSE

Allow students to meet P.E requirements that fits their unique needs. As well as develop motor skills, Self-esteem, social skills, and incorporate sports.



BENEFITS

- Provides safe physical activity
- Meets IEP requirements/goals
- One on one instruction
- Adaptive equipment available
- Wheelchair accessible environment and activities
- Can take into consideration sensory difficulties

ELIGIBILITY FOR APE

1. Must meet IEP requirements
2. Learner's needs special instructional methods
3. Learner has adverse effects that influence academic and fundamental performance





USEFUL TOOLS IN APE

- Visual Schedules
- Exercise Task Boards
- Exercise Activity Cards
- Equipment
 - Balls, Hula Hoops, Bean bags, frisbees, jump rope, scooters, etc.
- Exercise Videos
- Sports games

ROLE OF APE TEACHER

- Meet P.E./IEP Requirements
- Collaborate with student's teachers and additional professionals such as PTs or OTs to create activities
- Health and Safety for students
- Provide proper positioning during exercises and games
- Modifications of equipments or environment
- Specific play, leisure, and sensorimotor programming

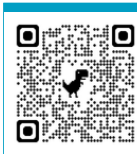
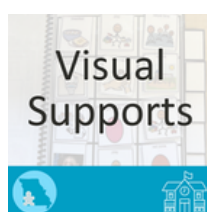


REMINDERS

- Adapted P.E activities should be individualized and developmentally appropriate based on student's support needs.
- Activities in this class should aid in the learner's developmental skills, while also being fun and engaging for their age group.
- Ensure the class takes place in an environment with surfaces and open spaces that are accessible for wheelchairs, crutches, and walkers for students who need them.

ADDITIONAL RESOURCES

<https://dese.mo.gov/special-education/compliance/adapted-physical-education>



GET
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