



## Equipment Modifications

- Manipulatives and Implements (size, shape, weight, texture, and/or hardness/softness and etc.)
- Targets (size, distance, noise-produced, and etc.)
- Physical Learning Space
- Visual and Verbal Cues - Sequential Breakdown of Skills
- Additional Time for Practice and Success
- Assistive Equipment (walkers, gait-trainers, gait-belts, headphones, sensory equipment, and etc.)
- Three-Wheeled Bikes
- Seat Belts on bikes/ scooters
- Roller skates vs Rollerblades
- Additional means for students to monitor their engagement

## Early Milestones

### *Pre-K*

- Runs across the room
- Jumps on two feet
- Stands on one foot

### *Kindergarten*

- Runs, gallops, slides, and hops while maintaining balance
- Catches a large ball
- Kicks a ball forward
- Throws underhand

### *First Grade*

- Dribbles a basketball
- Dribbles a soccer ball

### *Second grade*

- Catches using only hands
- Throws overhand at target
- Volleys object consistently

Together We Make The Difference



## Adapted Physical Education

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# What is Adapted Physical Education (APE)?

APE is specially designed physical education instruction and services for students with disabilities who have substantial delay or disorder in their physical development (gross motor skill acquisition and movement fluency).



## APE Service Delivery

Each APE student has a **designated amount of minutes** for services, which are determined by their individual needs.

- **Direct** - within the general PE setting and/or special education setting (small group or 1:1)
- **Indirect** - Consultation (with general PE teacher or teacher assistant working with student to support their engagement alongside peers in least restrictive environment)

# APE Teacher Responsibilities

*Modify activities/tasks/space for students receiving APE services*

- Modify equipment, rules, and or student groupings for activities

*Communicates with the general PE teacher and teacher assistants to provide continued-support for students' needs (IF TAs are available).*



*Modify Universal PE Curriculum*

- Assessments, classroom materials, and physical space can be modified prior to lessons to meet students' individual needs.
- Grading - APE teachers can provide data to assist in computing students' PE scores.

# APE Teacher Responsibilities Continued...

*Provide support and optimal opportunities to socialize with peers.*

- PE provides a unique and beneficial environment for all students to have the opportunity to further develop their social-emotional skills.
- APE teachers can support small groups and varying partners

*Monitoring Student Progress*

- Continual assessment of child's gross motor development
- Communicate with IEP team and relay pertinent info to GPE teacher, provide feedback to student and their family, report progress, update students' IEP annually to reflect their current gross motor needs, and determine if student has meet exit criteria.

*Field Trips and School Outings*

- APE teachers can arrange Adapted equipment, busing, accessibility, medication needs, etc prior to trips.