

Adaptive Physical Education

Students K-12 who are mandated for adaptive physical education



- *An alternative physical education program designed to meet goals determined on students' IEP.*

Results



- *There is improvement in fundamental motor skills, perceptive motor skills, and behavior management skills.*
- *Students' self-esteem is enhanced through encouraging them to be responsible for the well-being of themselves and others.*

The Program

This program offers alternative physical education to students who cannot participate in the mainstream program. It is specifically designed for students who have adaptive physical education indicated on their IEPs. Its curriculum contains behavioral objectives written in accordance with IEP requirements for short-term and long-term goals.

Classroom teachers are trained in program techniques and often use these teaching strategies in their academic classrooms:

- students in grades K-3 meet daily for half-hour sessions.
- students in grades 4 through 12 meet three times per week for 40-minute sessions.

Professional Development

The D/D site is open to visitors, and it is preferred that all training take place at the D/D site. The replicating district is responsible for the travel and lodging expenses of its staff to be trained. The one-week training includes practice with a variety of student abilities and age ranges and is supervised by program professionals. Technical assistance would be available to the replicating district if needed.

Costs & Funding Options

A teacher's manual with hundreds of lesson plans and curricula with behavioral objectives are provided to replicators at no cost. A district need only purchase equipment necessary for its chosen activities if existing materials are insufficient. Possible funding sources of replication include ESEA Title VI.

Learning Standards

Health, Physical Education and Home Economics: 1) have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.

Contact

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