



The mission of adapted physical education is to enable all students to sustain lifelong physical activity for a healthy, productive and fulfilling life.

Providing adapted physical education services depends on the individual student's needs. An adapted PE teacher works with the student in the least restrictive environment, for example:

- general education settings,
- small group settings,
- individual 1:1 settings.



“Believe in yourself, and show others what you can do. Only ‘you’ can find your potential.”

— Marla Runyon

Olympian, Paralympian Gold Medalist

If your child needs adapted physical education, contact one of the following people at your school.

- Director of Physical Education or Athletic Director
- Physical Education Teacher
- Adapted Physical Education Teacher
- Building Principal
- Chair, Committee on Special Education

If you need further information, contact:

**The New York State Education Department at
518-474-5820 or your local BOCES
or New York State United Teachers
Research and Educational Services
1-800-342-9810 ext. 6642**

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A Family Guide to New York State Learning Standards in

Adapted Physical Education



Adapted physical education is an individualized physical education program of appropriate activities designed for the unique needs of students who may not safely or successfully participate in the regular physical education program.



“All children can learn and succeed, but not on the same day in the same way.”

— William G. Spady

➔ WHO RECEIVES ADAPTED PHYSICAL EDUCATION

Under the Individuals with Disabilities Education Improvement Act of 2004 (IDEA), schools must provide a formal assessment to determine if any student has a unique need in physical education.

A student can receive an evaluation for adapted physical education eligibility if:

- they have been identified as a student with a disability by the school district Committee on Special Education;
- they score below the 20th percentile or more on the standardized tests — motor and/or fitness — which are given every year;
- they consistently fall below their school's criteria-referenced standards in physical education; or
- recommendations from the school health team or based upon the professional judgment of the physical education teacher it is determined that a student has a unique need, including, but not limited to:
 - poor functional posture
 - obesity
 - medical conditions
 - long term injury
 - behavioral disabilities
 - medically fragile health

A healthy child is a happy child.



➔ REQUIREMENTS

State regulations say all elementary and secondary students must receive physical education (PE) as part of their educational program. The federal IDEA states that all students with disabilities are to receive a free and appropriate public education including physical education.

It is required that:

- Students cannot be exempted by physicians and teachers from taking PE or APE.
- A medical certificate of limitation indicates the area or program in which the student with disabilities may participate.
- The student's Individualized Education Program (IEP) indicates the extent to which the student will participate in PE including APE.
- Instruction in APE for students ages 5-21, be provided by a certified and highly qualified PE teacher.
- Students receiving APE be given equitable access to all PE facilities and programs.

➔ THE ADAPTED PHYSICAL EDUCATION PROGRAM

Each student with a disability has a formal Committee on Special Education (CSE) meeting to discuss the student needs based upon proper assessments, observations and recommendations from professionals who have worked with the child.

The student's IEP will list the year's goals for APE by listing the present levels of performance for the student and the measurable goals and objectives, which are to be achieved by the student. Performance goals should include:

- a plan for inclusion as appropriate,
- developmental, sequenced activities,
- adaptations in the environment,
- proper equipment to meet the student's needs and
- A curriculum based upon the state learning standards for physical education.

