

Advocating for Adapted Physical Education in Your School District Teacher Resource Guide

February, 2020

Review the following information guide below then answer these 4 questions...

1. What can you do next week?
2. What can you do next month?
3. What can you do by the end of the school year?
4. What can you do by Fall, 2020

Step 1, start thinking about your current Adapted PE program (or lack thereof)...

What does your program need?

1. How are services already being provided, if any, in your district?
2. Who is providing those services?
3. What service options are available to students with disabilities receiving PE (separate setting, inclusion, APE consultation, 50/50 APE/GPE, something else)?
4. How often do students with disability receive PE?
5. Where do they receive PE (gym, cafeteria, classroom, somewhere else?)

What does your district need?

1. Does your district Special Education Handbook (procedures, guidelines, etc.) mention anything about APE? If so, what?
2. Are PE services, goals and minutes listed in the IEP? Legally they need to be...PE services cannot be deleted from the IEP
3. Staff training? (What kind of trainings?)

4. APE teachers? (How many teachers?)
5. Other needs? (list below)
6. Concerns (student safety, teacher safety, class sizes, equipment, funding, etc.)
7. How are you going to collect this information?
8. Who are you going to communicate this information too?

Step 2, research the following websites to gather information for your program:

<p>Law resources: <i>Wrights Law:</i> this provides an overview of SPED law, court cases, interpretations and advocacy tools for you and parents https://www.wrightslaw.com/info/pe.index.htm</p> <p><i>Federal law: IDEA</i> https://sites.ed.gov/idea/</p> <p><i>Washington SPED Law (WAC 392-172A-01175 Special education)</i> https://app.leg.wa.gov/WAC/default.aspx?cite=392-172A-01175</p>	<p>APE programming resources: <i>Adapted Physical Education Resources for Teacher's Toolbox (SHAPE America):</i> https://www.shapeamerica.org/publications/resources/teachingtools/teachertoolbox/Teachers_Toolbox_adapted.aspx</p> <p><i>Adapted Physical Education National Standards</i> https://apens.org/</p>
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Step 3, contrast the information you gathered with your school district.

Step 4, share this information with your district

- One of two things will happen, your district will embrace you fully, or they will not
- If they do not, proceed to step 5

Step 5, build your support network

1. Make a list of teachers who will support your issue.
2. Make a list of parents who will support your issue and contact the district.

3. Make a list of administrators who will support your issue.
4. Make a list of people who could support you outside of your district (other teachers, SHAPE WA, media, legislators, etc.)

Step 6, review the Advocacy Strategy Framework below

1. Identify other strategies that could benefit APE programming in your district.
2. Review effective tactics and strategies for effective advocacy.



Step 7, repeat steps and be patient.