

What is Adapted Physical Education?

Adapted Physical Education (APE) is a special education service in which physical education has been adapted or modified so that it is as appropriate for the person with a disability as it is for a person without a disability. APE uses individualized programming and instruction to enable success in physical education.

The curricular purposes of adapted physical education align with those of physical education. APE should be diversified and include developmental and remedial activities. APE is a direct service, not a related service. APE services should include assessment and instruction by qualified personnel prepared to gather assessment data and provide physical education instruction for children and youth with disabilities and developmental delays.

Federal law mandates that physical education be provided to students with disabilities and defines Physical Education as the development of (IDEA, 2004):

- Physical and motor skills
- Fundamental motor skills and patterns (throwing, catching, walking, running, etc.)
- skills in aquatics, dance, and individual and group games and sports (including intramural and lifetime sports)
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Is your district providing appropriate PE services for your child?

IDEA 2004 requires that students with disabilities receive physical education services, specially designed if necessary. If your child has a disability and an IEP, the school must provide physical education as part of your child's special education program.

Many students with disabilities can safely and successfully participate in general physical education, with or without accommodations and supports. However, some children benefit from specially designed or adapted physical education. Content in adapted physical education should mirror the general physical education curriculum to the greatest extent possible.

Because physical education is a required component of special education, your child's general and/or adapted physical education teacher should be included as a member of the IEP team if the student is receiving specially designed physical education.

At a minimum, if your child is receiving specially designed or adapted physical education, the IEP should include a summary of present level of performance in physical education content, the frequency and duration (minutes and days per week or stipulated time period) of physical education services, measurable goals and objectives about content, and the placement where these services are provided. *Like all other special education and related services, physical education instruction should be detailed in the IEP.*

**If this information is not reflected in your child's IEP please contact your school district to find out more information regarding APE services.*

Know your rights about Adapted PE services:

Please follow this link for more information regarding special education law, court cases, interpretations and advocacy tools for you and your child

<https://www.wrightslaw.com/info/pe.index.htm>