

ADAPTED PHYSICAL EDUCATOR QUALIFICATIONS

The State of Illinois requires that individuals providing Adapted PE services hold an appropriate certificate to teach physical education. AdPE instructors often take additional coursework related to the provision of instruction to children with disabilities.

Physical education is part of the free, appropriate public education to which all students are entitled by federal law. Adapted physical education is designed to help identified students safely reach their individualized learning objectives in PE class. As such, it is an instructional program just like the general PE program.



“Building a Passion for Lifelong Learning.”

Further information about District 203 Adapted Physical Education can be obtained by contacting the Assistant Superintendent for Student Services and Special Education at:

Naperville School District 203
203 West Hillside Road
Naperville, Illinois 60540
630-420-6465
FAX: 630-420-6566
www.naperville203.org

**DEPARTMENT OF
STUDENT SERVICES &
SPECIAL EDUCATION**

*Adapted
Physical
Education*



ADAPTED PHYSICAL EDUCATION IS...

...creating, managing, and monitoring a carefully designed physical education program for a student with gross motor delays. The Adapted PE program is designed to help the student develop the skills necessary to participate in leisure, recreational or sports experiences to enhance their physical fitness and wellness.

ENTRY AND EXIT CRITERIA

Students are considered for Adapted PE services when an identified delay or disability interferes with their capacity to demonstrate age-appropriate gross motor skills, including locomotor movements and object control skills, thus impacting their ability to safely and actively participate in and benefit from the regular physical education curriculum. When students are able to safely and successfully participate with modifications provided by the regular physical educator, Adapted PE services are typically discontinued.

PHYSICAL EDUCATION AND THE INDIVIDUALIZED EDUCATION PLAN (IEP)

Physical education includes:

- Physical & motor fitness
- Fundamental motor skills and patterns
- Health-related physical fitness; and
- Skills in aquatics, dance, individual and group games, and sports

GOALS, OBJECTIVES & BENCHMARKS

On the IEP, the Adapted PE teacher will identify goals for each child that are based upon the Illinois State Learning Standards. Individual benchmarks of progress toward each objective give indications of the steps involved in developing new skills. The Adapted PE objectives and benchmarks are based on each individual's motor skills.

ASSESSMENT INSTRUMENTS

- Observations
- Informal skills testing
- Standardized skills testing
- Curriculum-based skills checklists

INSTRUCTION IN THE LEAST RESTRICTIVE ENVIRONMENT (LRE)

The IEP is designed to meet the individual abilities of the child in the least restrictive environment. Some children will receive consultation to assist in making curriculum modifications. This often occurs in the general physical education setting and may involve peer tutors or assistants. When more complex modifications to the curriculum are needed, the Adapted PE instructor may provide instruction in a direct model. This can occur within the general physical education classroom, in a separate class setting with peers, or in a one-to-one setting between the student and the instructor.