

What Can You Do?

Physical Education Teachers

- Update your knowledge of disabilities & teaching strategies through in-service, conferences & current literature.
- Participate in the development of Individualized Education Programs (IEPs) for your students with disabilities.
- Ask for help from APE specialists, OTs, PTs, Special Ed. Teachers, Parents & Administrators to provide appropriate PE services for all your students.

Administrators

- Ensure the PE teacher is included in the IEP team process.
- Discuss time, scheduling & facility requirements to implement APE with PE & classroom staff.

Parents

- Participate as IEP team member to appropriately address your child's Physical Education needs.
- Provide input to the PE teacher and IEP team regarding your child's interests, physical fitness & recreational sports skills.
- Share family activities and events with APE specialists, PE teachers and other educational personnel.

Medical Professionals

- Be aware that specially designed PE (APE) is available for every child with a disability from age 5-21.
- Inform the PE teacher and IEP team of any limitations or restricted activities that would affect the student's participation in their PE program.



*Physical
Education is
for
EVERYONE!*

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Adapted Physical Education (APE) for Students with Disabilities in North Carolina



**A GUIDE FOR
ADMINISTRATORS,
TEACHERS
AND PARENTS**

**PREPARED BY:
THE NC ADAPTED PHYSICAL
EDUCATION ADVISORY COUNCIL
AND**



Public Schools of North Carolina
State Board of Education | Department of Public Instruction

ADAPTED PE FOR STUDENTS WITH DISABILITIES IN NORTH CAROLINA



Physical Education and the Law

North Carolina State Board Policy requires physical education for all students, as a part of the Healthful Living Curriculum. Under the Individuals with Disabilities Education Act (IDEA), Adapted Physical Education is required for those students with disabilities who require specially designed instructions in order to receive Physical Education.

Physical Education includes:

- Physical and motor fitness.
- Fundamental motor skills and patterns.
- Skills in individual and group games and sports, and activities (including intramural and life-time sports).

Physical Education is a curricular area that is available to all students with disabilities. If the student cannot participate in the general physical education program, specially designed individualized instruction in PE (Adapted PE) shall be provided.

What is Adapted Physical Education (APE)?

Adapted PE (also called specially designed instruction) is instruction in physical education that is designed on an individual basis to meet the needs of a child with a disability.

✎ Adapted PE is Special Education, **NOT** a related service.

✎ Adapted PE is a **program**, not a **placement**.

How is the Need for APE Determined?

- The IEP team determines a student's need for APE.
- The IEP team should include an APE specialist, if available, and the general education PE teacher.
- To determine eligibility, an APE evaluation must take place in accordance with NC policy {NC 1500-2-11A}.
- Goal (s) must be developed if eligibility for Adapted PE is determined.

Where is Adapted PE Provided ?

✎ APE is offered in the least restrictive environment.

Students with disabilities must be included to the **maximum extent possible** in the general physical education program. For students with disabilities who are receiving APE, and students who are participating in the general PE program with accommodations/modifications, a continuum of placement options may include one or more of the following:

- General physical education setting.
- General PE setting with accommodations/modifications.
- General PE setting with assistance from staff and/or APE specialist.
- A separate PE class setting with peers and additional staff as needed.
- Separate Public School.

The inclusion of students with disabilities into the general PE curriculum should not compromise the learning of other students in the class setting.

However, supplementary aids and supports must be tried before placing a student in a more restrictive setting.