**What is Specially Designed Physical Education?**

**Adapted Physical Education?**

**The National Consortium for Physical Education and Recreation for Individuals with Disabilities (NCPERID)** defines “adapted physical education” (also referred to as Specially Designed Physical Education) as the following:

**Adapted physical education (APE)** is physical education which may be adapted or modified to address the individualized needs of children and youth who have gross motor developmental delays. This service should include the following:

**- Assessment and instruction** by qualified personnel means that professionals are prepared to gather assessment date and provide physical education instruction for children and youth with disabilities and developmental delays.

**- Accurate assessment data**, including diagnostic and curriculum-based data collected by qualified personnel.

**- Individualized Education Program (IEP) Goals and Objectives / Benchmarks** are measurable and objective statements written by the physical education instructor. The goals and objectives are reflective of the physical education instructional content and monitored/evaluated according to district policy, to ensure that goals and objectives are being met in a timely manner.

**- Instruction in a Least Restricted Environment (LRE)** refers to adapting or modifying the physical education curriculum and/or instruction to address the individualized abilities of each child. Adaptations are made to ensure that each student will experience success in a safe environment. Placement is outlined in the IEP and may include one or more of the following options:

* The general physical education setting
* The general physical education setting with a teaching assistant or peers
* A separate class setting with peers
* A separate class setting with assistants
* A one-to-one setting between students and the instructor

For all practical purposes, Adapted Physical Education **IS** developmentally appropriate physical education at its finest. It is adapting, modifying, and/or changing a physical activity so it is as appropriate for a person with a disability as it is for a person without a disability.

The APE teacher is a direct service provider, not a related service provider, because special physical education is a federally mandated component of special education services [U.S.C.A. 1402 (25)]. This means that physical education needs to be provided to the student with a disability as part of the child's special education. This is contrasted with physical therapy and occupational therapy, which are related services. These therapies are provided to the child with disabilities only if he/she needs them to benefit from instruction.

Change the word "adapted" to "modified" and you have the idea of Adapted Physical Education. It is **GOOD** teaching which adapts (modifies) the curriculum, task, equipment, and/or environment so that **ALL** students can fully participate in physical education.

"What Is Adapted Physical Education?" *PE Central: The Web Site for Health and Physical Education Teachers*. 1 Aug. 2005. Web. 10 May 2010. <http://www.pecentral.org>.