

Athletic Opportunities for Special Needs

Unified Sports

Is a program designed for high school students that combines approximately equal numbers of Special Olympics athletes and athletes without intellectual disabilities.

For more information: Contact your School's Unified Coach, Athletic Director, or Special Education Staff

Special Olympics

Provides year round sports training and athletic competition in a variety of Olympic type sports for all children and adults with intellectual limitations.

For more information:
www.somdfrederick.org

Frederick Challenger Little League

An independent league established to provide an opportunity for players with physical or developmental disabilities to participate in baseball.

For more information: 301-668-2736

Parent Resources

- 1) <http://www.childrensdisabilities.info/>
- 2) <http://www.pecentral.org/adapted/adaptedmenu.html>
(Physical Education website with information on adapted physical education)
- 3) <http://www2.ed.gov/parents/needs/speced/edpicks.jhtml> (U.S. Department of Education)
- 4) <http://www.napcse.org/>
(National Association of Parents with Children in Special Education)
- 5) <http://www.php.com/> (Parents Helping Parents)
- 6) <http://fcsn.org/index.php>
(Federation for Children with Special Needs)



A Parent's Guide



(Adapted PE)

Source: store.rocksports.net

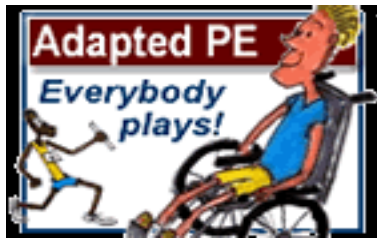


Source: Inetgiant.co.uk

"You are a part of the team."

What is ADAPTED PHYSICAL EDUCATION?

Adapted PE is a physical education program designed for individuals with disabilities and is *adapted* to meet the needs of each student through modifications and accommodations.



Source: asdk12.org

Adapted Physical Education is a service, not a setting. It is important to distinguish that students with disabilities that need APE services receive this service in order to benefit from quality instruction in physical education in the Least Restrictive Environment (LRE).

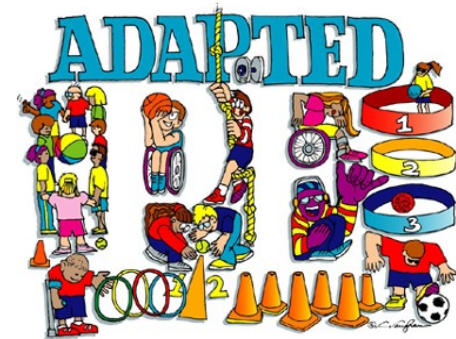
LRE refers to adapting or modifying the physical education curriculum and/or instruction to address the individualized abilities of each child. Placement is outlined in the IEP and may include one or more of the following options:

- The general physical education setting.
- The general physical education setting with Supplementary Aids and Services.
- Combination of General PE and Separate APE.
- Separate Adapted PE Class outside of General PE.

Adapted Physical Education, Occupational Therapy, and Physical Therapy are **NOT** interchangeable services. OT and PT are **support** services whose objective is to facilitate access to educational programming. (Adapted Physical Education Colorado-Guidelines)

Adapted PE may include:

1. Adapted Instruction
 - Vary size of the group
 - Using multi-sensory directions
 - Additional training for Instructional Assistants
2. Adapted Equipment
 - Varying the size, shape, weight, texture of the object
3. Adapted Games
 - Modifying the method of scoring
 - Allowing increased time
4. Adapted environment
 - Changing the amount of stimulation



Source: pecentral.org