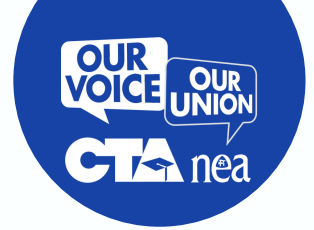


What General Ed Teachers Should Know About Adapted PE

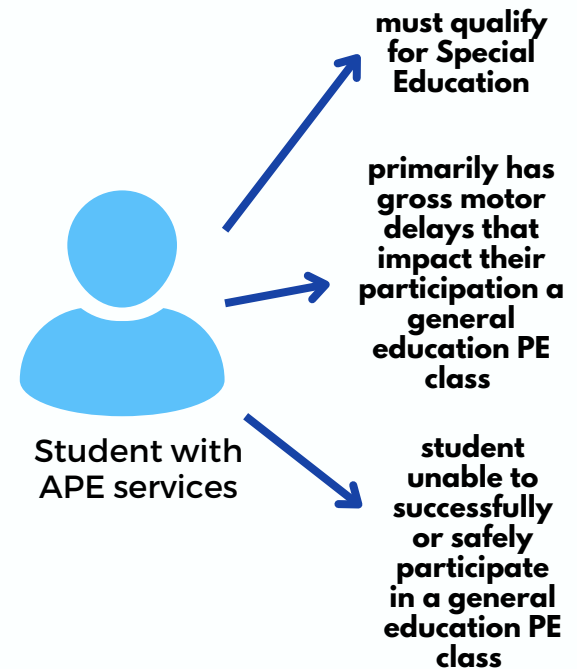


What are Adapted PE Services?

Adapted Physical Education (APE) services are provided by a qualified and appropriately credentialed APE specialist. Students who receive APE services must qualify for an IEP and have a disability that impacts their physical education environment. The IEP team determines whether or not a child with a disability qualifies for APE and the type of service they will receive.

An assessment is required for a child to qualify for APE services. Adapted PE specialists may assess students for the following impacts (not a comprehensive list):

- Effects of mobility & gross motor skills on functioning in physical education
- Effects of sensory impairments on functioning in physical education
- Effects of cognitive delays on functioning in physical education.
- Effects of behavioral difficulties on functioning in physical education.
- Effects of emotional disturbance on functioning in physical education.
- Other skills related to physical education curriculum and standard



What is the difference between adapted PE, occupational therapy, and physical therapy?

Adapted PE services	Occupational Therapy	Physical Therapy
Adapted PE services are related to fundamental gross motor skills and PE curriculum.	Occupational therapy is related to fine motor skills, ergonomics, and sensory processing during functional activities in the classroom	Physical therapy is related to the ability and accessibility of the student to move around the school environment.

When should I refer a child to Adapted PE Services?

Students who receive APE services must qualify for an IEP and have a disability that impacts their physical education environment. The IEP team determines whether or not a child with a disability qualifies for APE and the type of service they will receive.

If a teacher suspects a child needs adapted PE services, they should:

1. Document the area of suspected need and accommodations attempted.
2. Reach out to the APE specialist for your school site.
3. Discuss your concerns with the child's case carrier.
4. If the team feels it is necessary, the IEP team can refer the student to be assessed for APE services.

What might APE services look like?

Adapted PE services are part of the IEP and do not take the place of general education required PE minutes unless the IEP designates otherwise. Services may include:

1. push-in services into the general ed PE class or special education class
2. pull-out services in small groups
3. specialized PE equipment as required by the IEP
4. modifications and accommodations may be written into the IEP



RECOMMENDED RESOURCES:

1

Want to learn more about the APE guidelines?
<https://www.cta.org/document/apeguidelines>

2

Interested in policy and guidance on APE?
<https://www.ncpeid.org/legislation>

3

Want more workload information about APE?
Go to:
<https://www.cta.org/document/what-leaders-should-know-about-ape>