

**Colorado Department of
Education**

**Mission Statement
For
Adapted Physical
Education**

Adapted Physical Education is predicated on the belief that each student has the ability and a desire to move, to be active, and to participate meaningfully with peers. Participation and activity are necessary components of physical and social health. Teachers who expertly adapt and vary learning experiences to meet the needs of students with disabilities in physical education turn philosophy into practice.



For additional information related to the Individuals with Disabilities Education Act: www.IDEA.gov

For additional information on the Exceptional Children's Education Act of Colorado: www.cde.state.co.us

For additional information on Adapted Physical Education, visit the Colorado Department of Education website: www.cde.state.co.us/cdesped/rs-main

State of Colorado

Department of Education
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Colorado Department of Education
Exceptional Student Services
1560 Broadway, Suite 1175
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**Colorado
Adapted
Physical
Education**



Adapted Physical Education

Least Restrictive Environment

Adapted Physical Education is a direct service provided to a student with a disability as a federally mandated component of special education. This is contrasted with physical therapy and occupational therapy that are considered related services which support a student's specialized instruction. Adapted Physical Education is physical education which may be adapted or modified to address the individualized needs of children and youth who have gross motor developmental delays.

The Adapted Physical Education teacher addresses the unique needs of the child that results from the child's disability to ensure access to the general physical education curriculum. The Individuals with Disabilities Education Act (IDEA), Public Law 108-466 (2004), states that physical education is a required service for children and youth between the ages of 3-21 who qualify for special education services because of a specific disability or developmental delay

The role of the Adapted Physical Education teacher is to consult and collaborate with teachers and related service providers regarding the modifications and adaptations for students to access their curriculum.

The following criteria are considered by the IEP team to determine eligibility for Adapted Physical Education services:

- *Lack of success in general physical education curriculum or environment despite modification/adaptation provided by the general physical education teacher*
- *Results of physical/motor assessment*
- *Determination that the problem interferes with the student's ability to participate in his/her physical education program or at play*
- *The student is unable to obtain reasonable benefit without modification or adaptation to the educational program by an adapted physical education teacher*
- *Potential positive change in the student is the result of the intervention by the adapted physical education teacher or negative change without intervention would be likely*

Adapted Physical Education is a service not a setting. Students are entitled to receive instruction in the least restrictive environment (LRE). LRE refers to adapting or modifying the general PE curriculum and/or instruction to address the individualized abilities of each student while providing the student the opportunity to participate with same-aged peers. Adapted physical education placement is outlined in the Individualized Education Plan (IEP) and may include one or more of the following environments and levels of support:

- *The general physical education setting*
- *The general physical education setting with the PE teacher making curriculum accommodations/modifications*
- *APE teacher consulting with the PE teacher (paraprofessional to be included)*
- *APE teacher collaboratively teaching with the PE teacher (paraprofessional to be included)*
- *APE teacher providing direct instruction to the student outside of the general physical education setting*