



Adapted Physical Education (APE)

Adapted Physical Education (APE) is a diversified program of developmental activities that are modified to meet the district's physical education standards which include motor learning, biomechanics, exercise physiology, growth and development, psychology, sociology and historical perspective. A carefully designed physical education program is developed and implemented within the psychomotor domain for individuals with disabilities. Assistance can be provided to students in the general physical education program and/or along continuum of physical education services. The Adapted Physical Education teacher must have a credential authorizing the teaching of APE, as established by the Commission on Teacher Credentialing.

Individuals, ages 3-22, are eligible for APE if they first are identified as having one or more of the 13 handicapping conditions as identified by the Individuals with Disabilities Education Act. In addition, they must display a need documented in the assessment report and developed through the IEP team process. Possible concerns that may constitute a need for APE are deficits in gross motor skills, significant difficulty in motor functioning and the inability to accomplish motor skills attempted.

The instructional program is designed to address the motor development of each student through participation in a comprehensive, sequentially planned physical education program. Individual goals and objectives are developed based on motor assessment to meet each student's motor needs.

A least restrictive environment is the goal of each placement. APE is provided in a group setting and addresses the specific needs of each student. There are six options in physical education placement, APE being the most restrictive and general physical education being the least restrictive. Prior to recommending the student for APE placement, all other options must be considered. Individuals with disabilities should be offered programs that promote maximum interaction with the general population.

The Adapted Physical Education department is located at: Wiggin Center, 4350 Mt. Everest Blvd., Room B-11, San Diego, CA 92117. To learn more about the district's physical education standards, please visit <http://www.sandi.net/PE/>. To learn more about the district's Special Education Programs Division, please visit <http://www.sandi.net/depts/specialed/>.

SUMMARY

- ❖ **Assessment**
Students referred for APE receive comprehensive motor assessments.
- ❖ **Standards**
Developmental lessons are based on the physical education standards of San Diego City Schools.
- ❖ **APE Service Delivery Options**

Direct Services

Services provided by an Adapted Physical Education teacher. Lessons are taught in a small group environment and based on students' identified needs.

Collaboration Services

Services are provided by an Adapted Physical Education teacher in conjunction with school staff.

Consultation Services

The Adapted Physical Education teacher provides to school staff and parents recommendations involving strategies, modifications and/or adaptations.

Contact Information: Adapted Physical Education: (858) 573-5971
Media inquiries: (619) 725-5578

www.sandi.net
Revised 05/25/2006

Serving nearly 136,000 students, San Diego City Schools is the second largest school district in California, with 202 educational facilities and more than 14,500 full-time equivalent positions (representing more than 15,800 employees). SDCS is improving student achievement by focusing on challenging instruction in reading, writing and mathematics in pre-kindergarten through Grade 12. The district is committed to supporting schools and enhancing the classroom learning environment through modernized facilities and resources and through parent, teacher and community involvement in the educational process.