
DESCRIPTION OF PROGRAM AND STUDENTS SERVED

Adapted Physical Education 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 the 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.

ELIGIBILITY CRITERIA

Individuals 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.

The following concerns **may** constitute a need for APE:

- ◆ Deficits in gross motor skills.
 - ◆ Significant difficulty in motor functioning.
 - ◆ Inability to accomplish motor skills attempted.
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INDIVIDUALIZED EDUCATION PROGRAM (IEP)

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.

PLACEMENT

A least restrictive environment is the goal of each placement. APE is provided on an individual basis, depending on the specific needs of the 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 a 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 APE PROGRAM PROVIDES...

◆ Direct Services

Service is 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.

◆ Assessment

Students referred to adapted physical education receive comprehensive motor assessments.

◆ Standards

Developmental lessons are based on the physical education standards of San Diego City Schools.

◆ Teaching Aids

Supplementary equipment may be provided to foster successful participation in the general physical education program.

VISION

We envision a community that recognizes, supports, respects, and values individual differences in an educational process that enables students with disabilities to become contributing members of their communities.

MISSION

It is the mission of the Special Education Programs Division to provide leadership and support to families and the educational community in improving the achievement of students with disabilities.

GERI BROWN

Program Manager

The **APE Program** office is located at Dana Administrative Center, Room 250.

Call (619) 225-3847 to speak with **APE** support staff.

*Information about other
special education programs and
services can be found on our
Web site at:
<http://www.sandi.net/specialed>*



SAN DIEGO CITY SCHOOLS

Special Education Programs Division
Dana Administrative Center
1775 Chatsworth Blvd.
San Diego, CA 92107-3709
(619) 225-3606

APE ADAPTED PHYSICAL EDUCATION



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