

# ADAPTED PHYSICAL EDUCATION MENU OF WORKSHOPS

The following is a menu of Adapted Physical Education related workshops that are available through the Adapted PE component at Region 10. Please keep in mind, these are not workshops that are currently scheduled but rather can be scheduled as future workshops for individual districts, counties, or regionally. Requests for workshops should be data-driven to meet the needs of your specified group of educators.

## Evaluation in Adapted Physical Education

### **Description:**

The primary focus of this workshop will be to explore many different assessment tools, to determine what areas they assess, when they are used, and for whom they are used. Issues relative to legal implications of assessment, analyzing data, making placement recommendations, writing reports, and developing IEP's also will be addressed. Participants will have opportunities for group practice and other group activities.

### **Target Audience:**

For any individual who may be responsible for providing evaluations in the area of physical education. This may include physical educators, special educators, diagnosticians, or adapted physical educators.

## Prescriptive Programming in Adapted Physical Education

### **Description:**

The APE evaluation is complete and appropriate goals and objectives have been developed. Now, you have been identified as the APE direct service provider. How do you work toward attaining these APE goals and objectives? You do this by providing appropriate prescriptive activities for each student. This workshop will explore these prescriptive activities as they relate to age-appropriateness, type of equipment needed, and what activities address specific areas of need.

### **Target Audience:**

This workshop is designed for any individuals (special education teachers, special education aides, physical educators, physical education assistants, therapists) who provide Adapted Physical Education Direct Services to individuals or small groups.

## Meeting the Physical Education Needs of Students with Disabilities (Grades 6-12) in a Partner P.E. Setting

### **Description:**

This workshop is designed to improve Partner P.E. Programs, which currently exist or assist with the development of new Partner P.E. Programs. Areas of emphasis will include philosophy of the Partner P.E. Program, recruitment and selection of peer aides, expectations of peer aides, training of peer aides, and a model curriculum for the Partner P.E. Programs. Much of the day will be spent participating in various modified P.E. activities designed for students with mild to severe disabilities found in the Partner P.E. setting. Come dressed to participate.

### **Target Audience**

Physical Education Teachers who currently are teaching a Partner P.E. class, P.E. teachers who have interest in teaching a partner P.E. class, P.E. instructional aides or special education aides who assist with physical education, administrators interested in learning more about the Partner P.E. Program.

## **So...this is Inclusion, A Practical Session for Elementary Physical Education Teachers**

### **Description:**

More and more students with various disabilities are being educated in the regular physical education environment. This workshop is designed for physical educators teaching K-5<sup>th</sup> grade. Through tag, relay, fitness, and other low organizational activities, eight (8) instructional strategies, which are designed to create successful experiences, maintain a high level of participation for all students, and maintain the dignity of students with disabilities will be explored. Come prepared to get involved and learn.

### **Target Audience:**

Physical educators and physical education assistants teaching physical education to grades K-5.

## **The Inclusion of Students with Disabilities Into Secondary Physical Education**

### **Description:**

Through a day full of activity involvement, this workshop will explore a variety of Instructional Strategies for the Inclusion of students with disabilities into Grades 6-12 physical education. A variety of Activity Forums ranging from secondary P.E. activities with minimal modification, modified secondary P.E. activities for students or classes with more moderate disabilities, and parallel activities for students with more severe disabilities will be presented and explored. Please come dressed to participate and expect to have a good time.

### **Target Audience:**

This workshop was designed for Middle School, Junior High, and Senior High School physical education teachers, who have responsibilities for teaching physical education to students with disabilities. This teaching may occur within a regular physical education class, a Partner P.E. class, or a separate APE class. Physical education aides for grades 6-12 are also invited to attend.

## **They're Going to Move...So Why Not Make it Fun and Structured**

### **Description:**

This workshop will focus on a variety of games and movement exercises for students 3-5 years of age. As a result of participation in this workshop, individuals will be able to identify a minimum of 5 different forums for the presentation of games and movement experiences and will leave with a variety of activity and music resources needed to design their own motor program.

### **Target Audience:**

Early Childhood teachers, Pre-K teachers, and Head Start personnel

## **Motor Activities Training Program for Students with Severe Disabilities**

### **Description:**

This workshop will explore age-appropriate and functional motor activities for students with severe mental, physical, or emotional disabilities. Activities will be presented from various sources including the Motor Activities Training Program, Project Mobilitee, The Hawaii Early Learning Profile, and others. Evaluation, IEP development, and instructional strategies also will be explored for students with severe and multiple impairments.

### **Target Audience:**

Special education teachers, special education aides, therapists, and any physical education instructional personnel working with students with severe disabilities.

## **Sports Training and Physical Education for Students with Visual Impairments**

### **Description:**

This inservice will allow for hands-on experiencing of skills needed by blind and visually impaired students in order to participate in track and field events, goal ball, and beep ball games as well as many other exercises and physical education activities. In addition, the benefits of movement, fitness, and competition for students with visual impairments will be explored.

### **Target Audience:**

O&M Instructors, V.I. Teachers, P.E. Teachers, Adapted P.E. Teachers, P.E. Aides, Parents of Visually Impaired students

Other workshops can be developed to meet specific needs of individual school districts. Other content areas may include but not be limited to the following:

**Disability Awareness**  
**Transition Planning and APE**  
**Sports Opportunities for Students with Disabilities**  
**Special Olympics – Past and Present**  
**Paraprofessional Training in Adapted PE**