

## Who Receives Adapted PE?

All students who are receiving Special Education Services through Lancaster-Lebanon IU13 are eligible to receive Adapted Physical Education. The program services the following exceptionalities:

- Autistic Support
- Emotional Support
- Life Skills Support
- Multiple Disabilities Support



*"Each of us has a fire in our hearts for something. It's our goal in life to find it and keep it lit."*

**~Mary Lou Retton**  
**Olympic Medalist**



## For More Information:

If you would like further information about the Adapted Physical Education Program at Lancaster-Lebanon IU13, please contact Debra Schaffer, Adapted Physical Education Supervisor at 717-606-1925 or via email at [debra\\_schaffer@iu13.org](mailto:debra_schaffer@iu13.org)

### Adapted Physical Education Staff:

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### Contact Information

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## Adapted Physical Education



Lifelong physical activity

# About the Program

**Adapted Physical Education** is an individualized physical education program developed to meet the needs of students in one or more of the following areas: physical and motor fitness; fundamental motor patterns and skills; dance skills; and individual, lifetime, and team sports skills. General and adapted physical education have similar goals and objectives, however an adapted physical education program makes modifications to general physical education activities for safe and successful participation by the student with a disability.

# Adapted PE Curriculum

Activities provided during Adapted PE classes are not limited to but may include the following:

- Ball Games
- Parachute Activities
- Frisbee
- Basketball
- Volleyball
- Badminton
- Tennis
- Scooters
- Hockey
- Soccer
- Flag Football
- Fitness Training
- Walking
- Softball
- Whiffle ball
- Targets/Stations
- Bean Bag & Balloon Activities
- Ping Pong (Table Tennis)

# Adaptations & Modifications

Although adaptations needed to participate in physical education activities vary from student to student, many general modifications apply to students with similar needs. Listed below are some modifications:

## Actions:

- Change locomotor patterns
- Modify grasps
- Modify body positions
- Reduce number of actions
- Use different body parts

## Equipment:

- Larger/lighter bat
- Larger goal/target
- Vary balls (size, weight, color, texture)

## Time:

- Vary the tempo
- Slow the activity pace
- Lengthen the time
- Shorten the time
- Provide frequent rest



Our mission is to enable ALL students to sustain lifelong physical activity for a healthy, productive and fulfilling life.