



The Advocate

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Resources for Practitioners and Parents

Adapted Physical Education Law Refresher

Revisiting adapted physical education law and least restrictive environment at the beginning of each school year is always an excellent way to ensure students are receiving high-quality purposeful physical education in an appropriate setting. Being up to date on special education law and having a comprehensive understanding, allows practitioners and families to make decisions together that will set students up for success. Following resources will guide you to better understanding about adapted physical education.

Related laws:

<https://www.wrightslaw.com/info/pe.index.htm>

<https://www.toolkit4pe.com/pe-the-law>

Continuum of services for the least restrictive environment:

<https://www.region10.org/r10website/assets/File/apeplacement.pdf>

Guidance document from SHAPE America:

<https://www.shapeamerica.org/events/upload/Answering-Frequently-Asked-Questions-About-Adapted-Physical-Education.pdf>

Guidance letter for mandatory PE and extracurricular athletics:

<https://www.ncpeid.org/advocacy-toolbox>

Activity Resources for Practitioners and Families

Due to the uncertainty with the Covid-19 pandemic, many practitioners were left scrambling to create E-learning plans for students with disabilities last spring. While many school districts across the country may be back to school in person, some students may be utilizing E-learning to limit exposure. Many adapted physical education teachers across the country created and shared relevant e-learning content that are shared below. These sites can be utilized and navigated by both teachers and families who would appreciate having physical activity ideas for their children to do at home.

Adapted physical activity YouTube videos:



<https://www.youtube.com/user/krothbranch/featured>

<https://www.youtube.com/c/AdaptedPhysicalEducation>

California State University Long Beach APE resources:

<https://www.youtube.com/channel/UCr4IDYehFkTYCTatwp7QtbQ/videos>

Physical Activity at Home- By Brad Weiner 2013 National Adapted Physical Education Teacher of the Year

https://sites.google.com/myphysicaleducator.com/home-activities?fbclid=IwAR05BYgokvMviB_OPFD-M1MXRvDiwXJ0A9kJtFIr-bb0Xo9JSyyqSePvFG8

<https://sites.google.com/myphysicaleducator.com/home-preschool-pe/home?authuser=0%20%20>

Physical Activity at Home- Kristi Roth

https://docs.google.com/document/d/1CD5QSubhZ4R_EQYAM32_PZfFBHod4hYmfHWZBwAKQx4/e/dit?fbclid=IwAR2A6twOV49xTp4q3sjqejcRAMIq-adq-M1yVxS7uOTg-9eeMIFO7IuZ21g