Advocate

NATIONAL CONSORTIUM FOR PHYSICAL EDUCATION AND RECREATION FOR INDIVIDUALS WITH DISABILITIES

Spring 1996

NCPERID

Volume 24, Issue 3

A Position Statement on Including Students with Disabilities in Physical Education



Background

In 1975, Public Law 94-142, The Education for All Handicapped Act (EHA), was signed into law. Recently reauthorized in 1990 as Part B of PL 101-476, The Individuals with Disabilities Education Act (IDEA), this landmark piece of legislation provided free and appropriate education, including physical education to all children with disabilities birth through 21 years of age.

One of the most important and controversial aspects of the law was the concept of *least restrictive environment* (LRE) in which lawmakers advocated placing students with disabilities alongside peers without disabilities. As noted in Part B of IDEA:

To the maximum extent appropriate, children with disabilities, including children in public and private institutions or other care facilities, are educated with children without disabilities, and that special classes, separate schooling, or other removal of children with disabilities from regular educational environments occur only when the nature or severity of the disability is such that education in regular classes with the use of supplementary aids and services cannot be achieved (20 U.S.C. 1412 (5)(B)).

Apparently, lawmakers advocated placing students with disabilities in regular schools and regular classrooms (including physical education) whenever appropriate. Lawmakers also anticipated that appropriate placement within regular classrooms might require the use of supplementary aids and services.

Lawmakers expected that a small percentage of students with disabilities would need temporary or continuous placement away from regular education classrooms:

- (a) Each public agency shall ensure that a continuum of alternative placements is available to meet the needs of children with disabilities for special education and related services.
- (b) The continuum...must...
 - (1) Include the alternative placements listed in the definition of special education (instruction in regular classes, special schools, home instruction, and instruction in hospitals and institutions); and
 - (2) Make provisions for supplementary services (such as resource room or itinerant instruction) to be provided in conjunction with regular class placement (20 U.S.C. 1412 (5)(B)).

These alternative placements were designed for a very small percentage of students with disabilities (e.g., medically fragile conditions, unique behavioral and/or learning needs) who could not succeed in regular education settings even with supplementary services. Furthermore, it was anticipated that even a smaller percentage of students with disabilities would be placed in these settings permanently. Unfortunately, alternative placements such as special classrooms and special schools became commonplace and permanent, and

many students with disabilities never had the opportunity to learn alongside and have meaningful relationships with their peers without disabilities.

Genesis of Inclusion

Some parents of students with disabilities could not understand why their children had to be bused to separate schools or placed in separate special education classrooms. While some were told that their children might eventually move into regular programs once they met some prerequisite requirements, the reality was that this rarely happened. Parents and advocates argued that students with disabilities should not have to earn their way into regular classrooms. They suggested that such placement was fundamentally guaranteed to all citizens of the United States.

At the same time, research suggested that special class placement was not particularly effective in educating students with disabilities. In addition, many argued that having two separate educational systems - general education and special education - was redundant, costly and inefficient. Thus, there was a call for fundamental changes in how students with disabilities were educated with particular emphasis on providing special education services within regular classrooms. Originally coined the *Regular Education Initiative* which focused on children with relatively mild disabilities, the movement grew to include children with more severe disabilities and became known as inclusion.

Inclusion is a philosophy which supports placing all students with disabilities in their home school (the school they would attend if they did not have a disability) in regular education classrooms. Special education and other services are brought to the student while in regular education rather than having the student go to these services in separate classes. In many respects, the inclusion movement has simply reemphasized provisions in part B of IDEA (To maximum extent appropriate, children with disabilities...are educated with children without disabilities,) that were not being properly implemented or that were simply being ignored.

Inclusion is a complex issue that has been interpreted differently by different people. In fact, there continues to be disagreement within the ranks of "inclusionists" with regards to how much time students with disabilities should spend in regular classrooms. Some (those who favor total inclusion) argue that students with disabilities should spend virtually all day in regular

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Included in this issue...

NCPERID Membership Roster

classrooms. They do not see any reason why any student should be removed from regular education for any part of the day. Others (those who favor a more moderate view of inclusion or least restrictive environment) support the idea that, to receive an appropriate education, some students with disabilities might have to spend part of their day in alternative placements such as in the community or in a resource room. However, these more moderate inclusionists still advocate that students with disabilities start their school day in regular education classrooms with same-age peers and are viewed as members of the regular education class.

Position on Inclusion and Physical Education

Given this background information on the law and inclusion, the following represents the National Association of Sport and Physical Education (NASPE) and the American Association of Active Lifestyles and Fitness (AAALF) position on inclusion in physical education:

- ♦ No student should have to earn his/her way into physical education. In other words, inclusion in physical education means that all students, including students with disabilities, start in regular physical education. This includes students with disabilities who might: (a) need modified instruction while in regular physical education, (b) need to work on different goals while in regular physical education, and/or (c) derive different benefits from physical education. Ultimately, it is the school's responsibility to justify why a student with disabilities should be removed from regular physical education. It is possible in very unique cases that a child with disabilities starts in an alternative placement before ever being placed in regular physical education. However, it should be emphasized that such placement policy should be the exception, not the rule. Demonstrating that the child will fail in regular physical education even with support without first placing the child in regular physical education can be very difficult and has not been supported by recent court decisions.
- It is fully anticipated that many students with disabilities will need support to be successful in regular physical education. Support for these students will vary greatly from monthly meetings with an adapted physical educator to specialized equipment to a full-time teacher assistant. Exact supports should be determined for each student by the Individual Education Program/Individual Family Service Plan (IEP/IFSP) team including input from the regular physical educator. Removing a student with disabilities from regular physical education because of a documented lack of educational benefit or because the student is extremely disruptive to peers should be discussed only after attempts have been made to provide necessary supports to the student within regular physical education.
- ♦ It also anticipated that many physical educators will need support. As above, support will vary from informal consultations with an adapted physical educator to more formal in-services and training to possibly team teaching with a trained adapted physical educator. The exact types of support needed will, in large part, be determined by the physical educator's training and attitude as well as the characteristics of the student with disabilities. Support in the form of training should be provided before the student with disabilities is placed in regular physical education as well as ongoing training while the student is on regular physical education.
- ♦ While most students with disabilities should start in regular physical education, it is possible that regular physical education may not be an appropriate placement. If it is determined that a student with disabilities is not benefiting from regular physical education, is disruptive to other students, or is posing a severe safety risk, then the amount of support the student and the physical educator receives should be reviewed. Perhaps more support would alleviate any problems the student and physical educator are having. Support can be in the form of: (a) consultation with a special educator, adapted physical educator, parent, and/or related service personnel, or (b) direct service from a peer tutor, volunteer, teacher assistant, special educator, adapted physical educator, or related service provider.

- If it is determined that the student still is not receiving any benefit from regular physical education, continues to be disruptive to other students in the class, or continues to pose a severe safety risk, then an alternative placement should be explored. Ideally, this placement would include some time in regular physical education with support and some time in an alternative physical education placement. There should be ongoing evaluation to determine if the alternative placement is effective for this student and if there are any opportunities when the student can participate in regular physical education, even if such participation is for a day, a week, or a unit. For example, a child with osteogenesis imperfecta (brittle bones) might benefit from a rhythms unit but then need an alternative setting during a ball skills unit.
 - Placement in physical education never should be solely for social development, nor is it appropriate for students with disabilities to have only passive rolessuch as score keeper. While there are many opportunities for social interactions in physical education, the major purpose of physical education is to help students become active, efficient, and healthy movers. Physical education goals as defined in Part B of IDEA include the development of gross motor skills, development of fundamental motor patterns, development of health-related physical fitness, and development of motor, cognitive, and affective skills needed to participate in lifetime leisure pursuits including individual and team sports.

Recommendations for Successful Inclusion of Students with Disabilities:

- ♦ Have a positive attitude and be willing to make an effort to accommodate students with disabilities. You can almost guarantee that inclusion in regular physical education will fail if you do not want the child in your regular physical education setting. For inclusion to have any chance of working, you need to make the student really feel a part of your class, model appropriate interactions, and make efforts to accommodate the student's unique needs. Also, recognize that students with disabilities take longer to learn skills as well as the routine of the class. Try to be as patient as possible knowing that students with disabilities can learn if given enough time, instruction, and support.
- \blacklozenge Learn as much as possible about the students with disabilities including information about:
- * medical and health problems including medicines the student is taking and emergency procedures.
- * contraindicated activities (activities student should not do) due to health or physical problems.
- * present level of gross motor, cognitive, and affective functioning.
- * specific IEP/IFSP goals and objectives for the classrooms well as for physical education
- * unique behavior problems and behavior management programs
- * communication and learning styles.
- * special physical education interests and skills.
- * general likes and dislikes with particular emphasis on the things that can serve as powerful reinforcers.
- ♦ Ask to be part of and work with the student's IEP/IFSP team. While this does not mean that you have to participate in every meeting or meet with each team member weekly, regular interactions with key team members will help you help your students with disabilities. All members of the team have unique insight into the child's abilities and how to effectively facilitate learning. Pay particular attention to what parents and special educators have to say. Special educators work with the child most of the day and thus know more than any other team member about the child. Parents are with their child much longer than school personnel, and they have a unique insight into as to the child's strengths, weaknesses, likes and dislikes. Parents also can carry out your program at home. Other members can be a tremendous resource to you as well. For example, physical therapists can provide insight on gross motor development, positioning, and adapted equipment, while vision therapists can provide information on a child's ability to move freely and safely in the gymnasium. Many team members will be willing to come to regular physical education to show you how to assist a student or how to use adapted equipment. Become familiar with members of the team and interact with them as often as possible.

- ♦ Familiarize yourself with the student's IEP/IFSP. Know what general skills and behaviors the student is working on as well as specific gross motor goals and objectives. As noted above, ask to be part of the IEP/IFSP team and participate in developing and implementing the IEP/IFSP for physical education.
- ♦ Utilize peers to assist the student with disabilities. While you have to be careful not to jeopardize their program, peers can assist in many ways. From simple duties such as pushing a wheelchair from station to station to providing cues and feedback to the student during particular activities, peers can be a tremendous source of assistance to you and to the student with disabilities. Also, use the inclusion of students with disabilities as a learning experience for students without disabilities. For example, teach students about particular disabilities, discuss special sports programs for people with disabilities such as wheelchair basketball, and emphasize how everyone has strengths and weaknesses.
- ♦ If you think you need extra support, ask for it. While you cannot expect all students with disabilities to come to regular physical education with their own teacher assistants, some students with more severe physical, medical, and/or behavioral disabilities may need support from a trained teacher assistant. If you know a particular student has such an assistant at other times during the day and if you feel that the student needs this extra support to receive safe and appropriate programming in physical education, then ask them for support. The more specific you can be in providing a rationale for this support, the more likely you will receive it.
- ♦ Visit other places where inclusive physical education is being implemented successfully. Take time to talk with the physical educator to find out why inclusion has been so successful. Ask this teacher about the process that lead to successful inclusion.
- ♦ Make simple adjustments to your teaching style. For example, use more demonstrations and physical instructional cues when you have students with disabilities in your class. Avoid elimination games whenever possible, and change rules so the student with disabilities can be meaningfully involved and successful. Vary equipment so students with limited strength and/or coordination can be successful. Use small groups and station activities with various challenges at each station to account for individual differences. Do not be afraid to be innovative and try new things. Dare to be different!

Notice

Grants for Preservice Personnel Training

Applications Available: April 23, 1996
Deadline: June 10, 1996
Deadline for Intergovernmental Reviews: August 10, 1996
Project Period: Up to 36 months
Estimated number of awards: 23

For applications and general information contact:

Marlene Spencer, U.S. Dept. of Education
600 Independence Ave., SW
Switzer Bldg. Room 3072
Washington, DC 20202-2691
Phone: (202) 205-9058
Fax: (202) 205-9070
TDD: (202) 205-8953
Internet: MARLENE SPENCER@ED.GOV

Note: Potential applicants should note that the Congress is considering proposals to reduce funding in 1996 for the Training Personnel for the Education of Individuals with Disabilities Program administered by the Department. Final action on the 1996 appropriation may require the Department to cancel this competition or to significantly reduce the number or size of grant awards that will be made under the competition announced in this notice.

Editor's Note:

Member feedback on this draft document is encouraged. Please forward comments to Dr. Gail Webster, President, NCPERID, P.O. Box 444, Marietta, GA 30061.

Selected Resources

Active Living Alliance for Canadians with Disabilities. (1994). Moving to inclusion: Active living through physical education: Maximizing opportunities for students with disabilities.

Gloucester, Ontario: CIRA/CAHPER.

Block, M.E. (1994). <u>A teacher's guide to including students with disabilities in regular physical education</u>. Baltimore: Paul H. Brookes.

Block, M.E., & Krebs, P.L. (1992). An alternative to the continuum of least restrictive environments: A continuum of support to regular physical education. <u>Adapted Physical Activity Quarterly</u>, 9, 97-113.

Craft, D.H. (Ed.)(1994). Inclusion: Physical Education for All. JOPERD, 65(1), 23-54.

Grosse, S. (1991). Is the mainstream always a better place to be? Palaestra, 7(2), 40-49.

Moon, M.S. (Ed). (1994). <u>Making school and community recreation</u> fun for everyone. Baltimore: Paul H. Brookes.

Rogers, J. (1993). The inclusion revolution. <u>Research Bulletin</u> (Phi Delta Kappa), 11, 1-6.

Stein, J.U. (1994). Total inclusion or least restrictive environment? [OPERD, 65, (9), 21-25.

Stein, J.U. (Ed.) (1994). The total inclusion/Least Restrictive Environment Controversy. <u>Palaestra</u>, 10(3). 16-35.



National Consortium on Physical Education and Recreation for Individuals with Disabilities

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The purpose of the National Consortium for Physical Education and Recreation for Individuals with Disabilities is to promote, stimulate, and encourage the conduct of service delivery, professional preparation, and research in physical education and recreation for individuals with disabilities. The Consortium provides public information and education, promotes the development of programs and services, and disseminates professional and technical information.

Capitol Report

by Robert W. Amhold
IDEA PASSES FULL COMMITTEE OF THE SENATE LABOR AND HUMAN
RELATIONS

The reauthorization of the Individuals with Disabilities Education Act (PL 101-476) has passed the Senate Labor and Human Relations full committee. IDEA is headed to the floor of the Senate in the very near future. Significant events in the Senate Mark-Up of IDEA follows.

- * A motion was defeated to weaken related services by lessening the responsibility for local school districts to assume the costs. If this amendment had passed, it would have had adverse impact on the volume of services provided by related services such as Therapeutic Recreation personnel.
- * A compromise was reached on the most continuous issue of the reauthorization of IDEA which included the exclusion of children from school because of discipline problems. More than twice as many children with disabilities are expelled from school when compared to children without disabilities, even though such expulsion procedures are contrary to existing law. Advocates for children with disabilities are fearful of wholesale exclusion of children with disabilities from schools under the guise of discipline as a result of changes in this portion of IDEA.

25th NATIONAL CONFERENCE ON PHYSICAL ACTIVITY FOR THE EXCEPTIONAL INDIVIDUAL 1996

October 31, November 1, 2, 1996

Mariott Hotel - Los Angeles

Contact: Pat Bledsoe, Director, (310) 498-9682 or (310) 904-3571

Topics Include:

Assessment
Athletic medicine
Adapted aquatics
Applied research
Coaching/Sports opportunities
Challenges with inclusion
Changing roles in APE
Community based instruction
Community college programs
Curriculum models
Early intervention

Exemplary programs
Fantastic ideas
Future of APE
High risk students
Instructional strategies
Liability
Networking
Preschool

Program advisory Severely disabled Transition programs

Sponsored by:

California Association for Health, Physical Education Recreation and Dance State Council on Adapted Physical Education

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1996 NCPERID Conference

Hotel rooms now available at the Paralympic Congress Rates!

August 16 & 17

Atlanta Marriott Marquis

265 Peachtree Center Ave. \$138 (single/double/triple/quad) 1-800-243-1203

ÚPCOMING EVENTS



June 8 - 9, 1996

4th Asian Society for Adapted Physical

Education and Exercise

Seoul, Korea

Contact: Dr. Hong Yang Ja

Health Education Department, Physical Education College

Ewha Woman's University

Seodaemoon-ku Seoul, Korea

July 8-13, 1996

10th World Congress of the International Association for the Scientific Study of Intellectual Disability (IASSID)

Helsinki, Finland

This world congress is held every 4 years.

Contact: Prof. Trevor R. Parmenter Unit for Community Integration Studies

School of Education Macquarie University

Sydney, NSW 2109 Austrailia

+61-2-850-8706 Fax +612-850-9397

e-mail: tparm@ted.educ.mq.edu.au

July 14-19, 1996

Pre-Olympic Scientific Congress (under patronage of IOC)

Dallas, TX

Contact: Dr. Harold Kohl, Co-Chair

Scientific Program Committee

The Cooper Institute for Aerobics Research

12330 Preston Road Dallas, TX 75230

Fax (214) 991-4626

August 11-16, 1996

1996 Paralympic Congress: A World Congress on Disability,

Atlanta, GA

Contact: Barbara Trader

Atlanta Paralympic Organizing Committee

1201 W. Peachtree St. Suite 2500

Atlanta, GA 30309

(404) 875-9380 Fax (404) 992-6760

August 16-17, 1996

Annual Meeting of National Consortium for Physical Education and Recreation for Individuals with Disabilities (NCPERID)

Contact: President Gail Webster

Department of Health and Physical Education

Kennesaw State College

P.O. Box 44

Marietta, GA 33061

Fax (404) 423-6561

e-mail: GWEBSTER@KSCMAIL.KENNESAW.EDU

August 16 - 27, 1996

1996 Atlanta Paralympic Games

Contact: Atlanta Paralympic Organizing Committee

1201 Peachtree St, Suite 2500

Atlanta, GA 30309

For more information on volunteer or sponsorship oppourtunities

call: (404) 588-1996

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David Poretta

Carol Pope

Calendar of Events, Continued from Page 4

August 27-31, 1996

Virginia Politano

4th International Congress: Healthy Aging, Activity and Sports, Heidelberg, Germany. This congress is organized by the University of Heidelberg and cosponsored by the World Health Organization. Contact: G. Conrad, Uissigheimer Strasse 10, D-97956 Gamburg, Germany, Phone: +49-9348-1381, Fax: +49-9348-1360. E-mail: paas@urz.uni-heidelberg.de

September 21-24, 1996

North American Federation of Adapted Physical Activity (NAFAPA) Symposium, Banff, Alberta, Canada. Symposium Theme: Questioning Our Research Assumptions, Contact: Dr. Jane Watkinson, Faculty of Physical Education and Research, University of Alberta, Edmonton, AB, Canada T6G 2H9, (403) 492-0770, FAX: (403) 492-2364. E-mail: JWATKINSON@PER.UALBERTA.CA

May 13-17, 1997

1997 IFAPA Biennial Symposium. Contact: Dr. CLaude Lepine, Coordinator, 11th ISAPA, Physical Education Department, P.E.P.S., Laval University, Quebec City, PQ, Canada

Sports Everyone! Recreation and Sports for the Physically Challenged of All Ages

This new publication brings a wealth of information that will help America's physically challenged population participate in a healthy life style. From the novice recreationalist to the elite Olympian, Sports Everyone! provides valuable assistance. Features "Just Rolling Along," the life story of Jean Driscoll, 6-time winner of the Boston Marathon and Olympic Silver Medalist; articles by Kirk Bauer, Executive Director of Disabled Sports, USA; story from the Paralyzed Veterans of America. Useful information includes the Directory of Clubs and Associations; national roster for wheelchair basketball; premier college programs approximately 100 accredited camps with programs for disabled campers; adapted ski areas; plus travel, equipment technology, and ADA information.

The Interactive Recreation Planner will help people plan their budgets and overcome barriers to recreation, as well as open their minds to new opportunities and activities. This unique planner is authored by John A. Nesbitt, President of Special Recreation, Inc., and recipient of the "One-of-a-Kind Award" by the People-to-People Committee on Disability of Washington, DC, at its 40th Anniversary Annual Meeting in May 1995, This book is about "mainstreaming" over 40 million American citizens into who Professor Nesbitt calls the

"Sports, Everyone! shows [that] even those with a severe disability can participate in a wide range of activities, with the right equipment and trained instructors."

Kirk Bauer, Executive Director, Disabled Sports, USA

"Sports, Everyone! should help disabled persons to define the role of sports in their lives the same way anyone else does." Lew Shaver, Wheelchair Basketball Coach, Southwest State University

"Sports, Everyone! is a major step forward in providing access to the 'American Recreation Lifestyle' for everyone." John Nesbitt, Ed.D; President, Special Recreation, Inc.

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