

Adapted Physical Education Home/E-Learning Ideas

General Guidelines

Try to move daily for 30-60 minutes. Everything counts. Move!!

Try to have fun -- make a game out of even the simplest activities

Basic Adaptation Strategies

Task Complexity -- eliminate steps or movements to make the task simpler

Equipment -- experiment with equipment size/shapes/colors

Space/Distance -- shorten the distance or reduce boundaries

Repetitions -- reduce the number of repetitions/turns/time

Skill Areas

Locomotor Skills walk/run/hop/skip/gallop/jump/animal walks

Object Control Skills/Ball Skills

Try to manipulate or use a variety of balls/objects in different ways. Throw them/catch them/kick them/roll them/strike them. Explore and experiment with sizes and types.

Jump Rope

Adaptations: place rope on the ground and jump over/ make shapes and letters/practice turning the rope, go under the rope/step over the rope...

Sports Skills

Basketball (dribble-pass-shoot)

Adaptations: use a different size/weight ball/shoot into a box or a bucket

Example: shoot objects into a box or bin and keep score to practice counting

Soccer (dribble-pass-shoot)

Adaptations: use a ball with less air that rolls slower/larger goal/shorter distance

Example: partially deflate ball and practice walking with it/shoot into larger goal and count goals

Racket skills (Badminton/Pickleball)

Adaptations: ball size/lighter ball/shorter racket/toss from closer distance/lower net

Example: hit balloon back and forth/put beach ball on ground and hit back and forth

Volleyball (underhand/overhand/one hand or two)

Adaptations: ball size/softer ball/balloon/lower net/toss to student from close distance

Example: volley a balloon back and forth and time or count the rally

Fitness activities

Any movement for 30-60 minutes per day is great!

Walk/run/body weight exercises/weights

The PE Department will have activities sent home or posted for students. Contact Mr. Breen for specific adaptations or with questions.

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