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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