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#### What is Adapted Physical Education?

"APE" is Adapting the physical education curriculum for students living with disabilities who can not access the physical education curriculum without serious adaptations. Students must first qualify for special education services under one of the qualifying disabilities associated with the Individuals with Disabilities Education Act. APE can be a stand alone special education service. All students can benefit from the input of an Adapted Physical Education Teacher. Adapted Physical Activity is a sporting activity that has been "Adapted" for those living with a disability. "Adaptive" is commonly used inappropriately and implies the individual is responsible for the adaptations themselves.

**The Individuals with Disabilities Education Act (IDEA)**, states that physical education is a required service for children and youth between the ages of 3-21 who qualify for special education services because of a specific disability or developmental delay.

#### Helpful Websites for Adaptive Physical Education

[www.pinterest.com/explore/adapted-pe](http://www.pinterest.com/explore/adapted-pe)

[www.teachingadaptedpe.com](http://www.teachingadaptedpe.com)

[www.pecentral.org/adapted](http://www.pecentral.org/adapted)

[www.pelinks4u.org](http://www.pelinks4u.org)

[www.supportrealteachers.org/adapted-physical-education](http://www.supportrealteachers.org/adapted-physical-education)

[www.friendshipcircle.org](http://www.friendshipcircle.org)

[www.specialolympics.org](http://www.specialolympics.org)

[www.shapeamerica.com](http://www.shapeamerica.com)

[www.nchpad.org](http://www.nchpad.org)