

COLORADO DEPARTMENT OF EDUCATION ADAPTED PHYSICAL EDUCATION

Adapted Physical Education is physical education that may be adapted (accommodated or modified) to address the individualized needs of students who have gross motor disabilities or a developmental delay. Adapted Physical Education is a **direct service** provided to a student with a disability as a federally mandated component of special education.

The Adapted Physical Education teacher addresses the unique needs of the child that result from the child's disability to ensure access to the general physical education curriculum. The Individuals with Disabilities Education Act (IDEA), Public Law 108-466 (2004), 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 and meet the eligibility criteria for this service. This is contrasted with physical therapy and occupational therapy, which are related services.

The IEP team considers the following criteria to determine eligibility for Adapted Physical Education services based on the student's:

- Lack of success in the general physical education curriculum or environment despite adaptations provided by the general physical education teacher,
- Results of physical and/or motor assessment,
- Needs that interfere with their ability to participate in his/her physical education program, and
- Inability to obtain reasonable benefit without adaptation to the educational program

Click or scan the QR code for the
Colorado Department of Education
Adapted Physical Education
website



LEAST RESTRICTIVE ENVIRONMENT

Adapted Physical Education is a service, NOT a setting.

Students with disabilities are entitled to receive specially designed instruction in their least restrictive environment (LRE). LRE refers to adapting the general physical education curriculum and/or instruction to address the individualized abilities while providing the student with the opportunity to participate with peers to the greatest extent possible. Adapted Physical Education continuum of service is outlined in the Individualized Education Program (IEP) and may include one or more of the following:

The Adapted Physical Education teacher provides a variety of services, examples include:

- direct instruction to the student in the general physical education setting,
- consultation and collaboration with the general physical education teacher (paraprofessional should be included), and/or
- direct instruction to the student outside of the general physical education setting.