



LA MESA-SPRING VALLEY SCHOOLS

Adapted PE Resources

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Hello Families,

Thank you for your time and patience as we work together as an APE team to determine the best way to continue learning at home. We've provided here a variety of activities to choose from in order to keep your children moving. In addition to addressing skills embedded in your child's IEP goals, they are also fun and can be incorporated throughout each day. Movement opportunities provide brain breaks, combat boredom and encourage language and family interactions. This is not required work, however daily exercise is encouraged!

INTERNET VIDEO RESOURCES:

Fit 5 from Special Olympics

https://resources.specialolympics.org/health/fitness/fit-5-page?fbclid=IwAR3WzorDQS4tR0wdgWpXN_XfKD2ou9fiTVHOyL0HJAK2VZPH2G_Thmxx_8E

WWE +Special Olympics School of Strength

https://www.specialolympics.org/school-of-strength?utm_medium=email&utm_source=specialolymp&utm_content=3+-+Check+out+the+videos+Fitness+Tracker+and&utm_campaign=20200320_schoolofstrengthe1A&source=20200320_schoolofstrengthe1A&ms=20200320_schoolofstrengthe1A&cha=12&fbclid=IwAR1uH745mJGhG7UhqRsXXvoaOUrEOb-kyim8fbcOuF6fQjZcDpVZhbzM63g

The Learning Station on YouTube (several movement songs/videos). Mostly for preschool-elementary aged children

<https://www.youtube.com/user/TheLearningStation>

Cosmic Kids Yoga

https://www.youtube.com/channel/UC5uIZ2KOZZeQDQo_Gsi_qbQ

Listen and Move Song

https://youtu.be/j24_xH5uvdA

Go Noodle

<https://www.youtube.com/user/GoNoodleGames>

SAMPLE APE LESSON PLAN:

Instructions: Although daily exercise is encouraged, completing this lesson plan once a week will help build gross motor skills and progress towards IEP goals. Students should choose just one option within each of the following categories: Stretching, Warm Up and Lesson.

1: Stretching (*complete 1 of the following options*)

Option 1 - Stretches are done sitting down)

- Roll your head
- Roll your shoulders
- Straighten your legs and spider crawl your hands all the way to your tippy toes
- One foot in and one foot out and touch the toe that's out
- Switch! Same thing, other side
- Both feet in to a butterfly position
- Nose to toes while in butterfly

Option 2 - Click the following link and complete stretches from song

<http://www.youtube.com/watch?v=EpdkqVIsNPY>

Option 3 - Come up with your very own stretches!

Check off the following that the student completed: Option 1 Option 2 Option 3

2: Warm up

Option 1 - Do anything to increase your heart rate for at least 5 minutes. Ideas may include walking, dancing, playing outside, riding a bike, jumping jacks, etc.

Option 2 - Click on the following link and complete the warm up song

https://www.youtube.com/watch?v=PCqsL_SBXbs

Check off the following that the student completed: Option 1 Option 2

3: Lesson

Option 1 - Practice the skill of kicking a stationary ball for at least 10 minutes with the following steps:

- Rapid, continuous approach to the ball
- Take an elongated stride or leap just prior to ball contact
- Non-kicking foot placed close to the ball
- Kick ball with instep or inside of preferred foot (not toes)

Option 2 - Do anything that involves gross motor skills (large movements). Ideas include: Running, Galloping, Skipping, Jumping, Sliding, Tee Ball, Tennis / Paddle Ball, Basketball, Throwing, etc.

Check off the following that the student completed: Option 1 Option 2

Hand over hand assistance, modeling, verbal cues, etc. are acceptable for students who require additional support.

Yoga Poses



Body Movement / Bootcamp

FOUR CORNER DRILL

Time your **scissor movement**

RUN - SLIDE STEP - BACK PEDAL - GRAPVINE

Start at cone 1- Run Forward to cone 2.
Slide step facing out to cone 3.
Back pedal to cone 4.
Grapevine step back to cone 1.

1 CONES AND POLYSPOTS

TURN AND SPRINT

Time your **run**

RUN TO 2 - RUN TO 1 - RUN PAST 3

Start at cone 1 in an "athletic stance."
A. Run Forward to cone 2.
B. Turn quickly and run to cone 3.
C. Turn and sprint past cone 2.

2 CONES AND POLYSPOTS

NFL COMBINE DRILL

Time your **run**

RUN TO 2 - BACK TO 1 - RUN AROUND 2 AND 3 - BACK TO 1

Start the drill at cone 1. A- Run to cone 2 and quickly turn back and run to cone 1. B- Turn quickly and run around cone 2 and head to cone 3. C- Go around the inside of cone 3 and head back to cone 2. D- Go around the outside of 2 and finish the drill at cone 1.

5 CONES AND POLYSPOTS

3 CONE SHUFFLE

Time your **shuffle movement**

SLIDE-STEP OR GRAPVINE

Start behind cone number 2 and slide step or grapevine step sideways to and around cone number 3. Continue left to and in front of cone 2. Keep moving left to and around cone number 1. Repeat the entire sequence 5 times.

6 CONES AND POLYSPOTS

Jumping Jacks

Squats

Butterfly Stretch

Tuck Jumps

Push-Ups

Jump Rope

Boot Camp #1

30 seconds each

Wheelchair Activities

Wheelchair Dips

This is an exercise that every child in a wheelchair has probably done hundreds of. Make it fun and give them a bit of control by adding a set of dice that determine how many reps must be done.

Table Top Ball Bouncing

Grab a few Solo cups or a small container and some ping pong balls. Have the child sit at one end of the table and try to bounce the balls into the container or cup. If they miss, they have to negotiate the room to retrieve the stray balls!

Table Top Bean Bag Soccer

Use a small box as a goal at one end of the table (sit it up on end). See if the child can slide the bean bag along the table and into the goal. Again, if they miss, they have to go get that fallen bean bag!

Wheelchair Simon Says

Use this game to work on basic wheelchair propulsion. Simon can offer instructions like: Propel forward, propel backward, roll on something soft, roll on something hard, change surface levels (curbs, slope, etc), turn to the left, turn to the right, do a 180* turn or a 360* turn.

Red Light, Green Light

Use this game to practice starting and stopping on command, an important skill for functional wheelchair mobility. Any child can play along!

Tag Games

Some of our favorite games of tag are totally appropriate for kids in wheelchairs and can be an awesome way to introduce an inclusion activity.

Obstacle Courses

Set up lines to follow, objects to avoid and low surfaces to navigate over. Add a timer for even more motivation.

Wheelchair Bowling

Set up bowling pins or any other items that can simulate bowling pins at one end of the room. Place a large therapy ball in front of the wheelchair. Use the wheelchair to push the therapy ball toward the pins to knock them down. For kids working on wheelchair mobility, set obstacles up between the “pins” and the wheelchair.