

Murrieta Valley Unified School District
High School Course Outline
2003

Department: Physical Education
Course Title: Adapted Physical Education
Course Number: 2755
Grade Level(s): 9-12
Length of Course: 1 year

Prerequisite(s): Students must meet criteria and have an active IEP or Administrative Placement which states the need and justification for APE throughout the Special Education Department.

Brief Course Description: Adapted Physical Education meets District graduation requirements for Physical Education. Adapted Physical Education will comply with all state and Murrieta Valley Unified School District guidelines for testing and evaluation in adaptive physical education. Students will be served in the environment which best meets the student's needs (i.e.: pull-out, in-class). Programs, games, and activities will be designed to meet student's individual needs. Students will receive the *Fitness for Life* or *Moving for Life* program when appropriate.

I. Goals

The students will:

- A. Participate in modified activities according to ability and capacity as defined on the IEP.
- B. Develop, maintain, and improve physical fitness and wellness as defined on the IEP.
- C. Develop appropriate motor skills and fundamental movement as defined on the IEP.
- D. Develop appropriate social behaviors by working both independently and as a team as defined on the IEP.
- E. Develop a positive self-image and self-discipline in continuing consistent physical activity.
- F. Develop personal goal setting skills and a personal program for physical fitness.

II. Accountability Determinants

- A. Assessment Methods – Assessments will include performance based and conventional assessment practices including projects, tests, and presentations.

III. Instructional Materials

- A. California Physical Performance Test
- B. *Fitness for Life*, Corbin, Linsey, Scott Foresman Publishing Co.
- C. *Moving for Life*, Spindt, Monti, Hennessy, Kendall Hunt Publishing Co.