

## CHINO UNIFIED SCHOOL DISTRICT

## II. COURSE OUTLINE

- A. Course Title: ~~Adaptive Physical Education~~ Modified PE
1. Description: Adaptive Physical Education is a diversified program of developmental activities, games, sports and rhythms. It is suited to the interests, capabilities and limitations of students with disabilities which prevent them from participating in the activities of the physical education program.
  2. Purpose: Adaptive Physical Education provides the handicapped student the opportunity to remediate and develop efficient motor skills used in sport activities and daily living. The students are able to explore their abilities and work to their individual capabilities. This individualized program allows the student to develop positive self-image and a level of physical fitness.
  3. Length of Course: One semester/duration set by doctor's approval.
  4. Grade Level: 7 - 12
  5. Prerequisites: Doctor's approval
  6. Credit: 5 Units of Physical Education credit requirement per semester toward graduation.
- B. Course Objectives:
1. The student will correct conditions that can be improved and will learn to protect himself from any condition that would aggravate a physical handicap.
  2. The student will develop a knowledge and an appreciation of his physical and mental limitations.
  3. The student will learn and appreciate a variety of sport activities to be enjoyed as a spectator and/or a participant.
  4. The student will develop physical fitness, a positive self-image and socially beneficial behavior while interacting with students and teachers.
- Evaluation: Objectives will be evaluated by teacher observation, skill tests and information tests.
- C. Instructional Strategies: N/A
- D. Textbooks: None
- E. Additional Material and Audio-Visual Aids:
- Archery: Bow, arrows, targets, finger tabs, quivers, arm guards, study guides.  
 Badminton: Rackets, shuttlecocks, nets, netstandards, study guides.  
 Basketball: Basketballs, study guides.  
 Card Games: Cards, study guides.  
 Conditioning: Jump ropes, records, record player, weights, study guides.  
 Dance: Records, record player, study guides.  
 Dodge Ball: Ball, study guides.  
 Kickball: Ball, study guides  
 Paddle Tennis: Paddles, tennis balls, nets, study guides.  
 Parachute Play: Parachute, records, record player, study guides.

## Adaptive Physical Education

Recreational Games: Croquet equipment, horseshoe equipment, shuffleboard equipment, study guides.

Soccer: Ball, study guides.

Softball: Bats, balls, bases, gloves, study guides.

Stunts/Tumbling: Mats, study guides.

Table Games: Dominoes, checkers, chess, table tennis equipment, study guides.

Tennis: Rackets, balls, study guides.

Volleyball: Nets, net standards, balls, study guides.

F. Recommendations: In accordance with the California Education Code, it is recommended that any future teachers hired for Adaptive Physical Education possess an Adaptive Physical Education Credential.

G. Modification: None except minor rewording.

H. Times of Instruction: N/A

I. Repetition: N/A

J. Date of Board Adoption: AUG 4 1981

IV. List of Skills Taught and Correlation of Skills with District Goals and Objectives.

- Directions:
1. List the skills that are covered in the course.
  2. Check either the "core" or "optional" box for each skill. ("Core" indicates that the skill is part of the core curriculum and must be covered. "Optional" indicates that the skill is to be covered as time and student ability permits.) Use additional pages as needed.
  3. Check the "Dist. G & O" column if the skill is in line with the district goals and objectives. (The district goals and objectives are in Volume IV of the Secondary Curriculum Guide which is located at each secondary school.)

SPECIFIC SKILLS	CORE	OPTIONAL	DIST. G & O
Depending on the students handicap and the necessity to modify some contest rules, the student will learn skills needed to:			
Hit a target with an arrow, using a bow	*		*
Play badminton	*		*
Play basketball	*		*
Bowl	*		*
Play cards	*		*
Participate in body conditioning	*		*
Dance	*		*
Play dodge ball	*		*
Play golf	*		*
Play kickball	*		*
Participate in parachute play	*		*
Play croquet, horseshoes, and suffleboard.	*		*
Play soccer	*		*
Play softball	*		*
Swim	*		*
Participate in stunts/tumbling	*		*
Play table games such as checkers, dominoes, chess and table tennis.	*		*
Play volleyball	*		*
Participate in warm up exercises	*		*
Officiate	*		*
Follow sport and class discipline rules.	*		*
Demonstrate sportsmanship	*		*
Actively participate.	*		*
Understand and utilize team strategy	*		*
Care for and use equipment properly	*		*
Learn sport vocabulary	*		*
Acquire physical stamina, agility and strength	*		*

V. Suggested Activities to make the Course More Meaningful to Students

Suggest at least three activities which will relate some of the skills included in this course (Section IV, page 17) to skills needed (e.g., career and personal) outside of school. (Show in meaningful ways why these skills are important for students to learn.)

Skill(s) Or Areas Included In The Course	Suggested Activities
<p><u>Acquisition of basic movements and physical stamina.</u></p>	<p>1. Student will develop a home exercise or activity program within the limits of his/her handicap that will increase stamina. The student will record his/her progress.</p>
<p><u>The student will learn a variety of sport activities to be enjoyed as a spectator and/or participant.</u></p>	<p>2. Assuming the student has a permanent disability, he will research different sports and select the top three suited to his/her interest.</p>
<p><u>The student will correct conditions that can be improved and will learn to protect himself from any condition that would aggravate a physical handicap.</u></p>	<p>3. Assuming the student has a temporary disability, he will study the nature of his/her limitation and design a program to improve his condition. His/her doctor, teacher and the school nurse will be consulted.</p>
<hr/>	<p>4.</p>