

Adapted Physical Education

This course is a supplement to General Physical Education. Students who are unable to participate in regular Physical Education classes may be offered this course of developmental activities, games, sports and rhythms. Active participation is encouraged in many recreational sports. Students learn rules and techniques for sports adapted to the participants' specific conditions. Students enrolled in this course may join with the regular Physical Education and/or Health Education classes when appropriate. The goal is to help students adapt their abilities to the demands of daily living. Middle school students have the opportunity to use traverse climbing walls, pedometers, heart rate monitors, inline skates, mountain bikes and outdoor adventure activities.

School Level: Middle School

Grade: 6, 7, 8

Length: full year

Program: Health, Physical Education and Family Life