

| General Outcomes | <br>Activities |                             | <br>Benefits Health |            |            | <br>Cooperation |           |            |          | <br>Do It Daily...For Life |        |                                  |                                |
|------------------|-------------------------------------------------------------------------------------------------|-----------------------------|------------------------------------------------------------------------------------------------------|------------|------------|----------------------------------------------------------------------------------------------------|-----------|------------|----------|---------------------------------------------------------------------------------------------------------------|--------|----------------------------------|--------------------------------|
|                  | Basic Skills                                                                                    | Application of Basic Skills | Functional Fitness                                                                                   | Body Image | Well-being | Communication                                                                                      | Fair Play | Leadership | Teamwork | Effort                                                                                                        | Safety | Goal Setting/ Personal Challenge | Action Living in the Community |
|                  |                                                                                                 |                             |                                                                                                      |            |            |                                                                                                    |           |            |          |                                                                                                               |        |                                  |                                |

**Introduction/Warm Up**

Aerobic warm up of large muscle groups and cardiovascular system -

This unit will focus on the following:

Definitions (from dictionary.com)

*Agility: the power of moving quickly and easily*

*Balance: a state of bodily equilibrium*

*Coordination: Harmonious functioning of muscles or groups of muscles in the execution of movements.*

Today's lesson will focus on balance and how our bodies can balance in many different ways

**Learning Activities/Teaching Strategies**

1. Set up Yoga Mats – one per student – students explore their own stretches and flexibility on their mat
2. Introduce Yoga Pretzel Deck - Standing poses and Balance poses
  - a. Mountain
  - b. Dancer
  - c. Triangle
  - d. Warrior 1
  - e. Warrior 2
  - f. Airplane
  - g. Tree
3. Student share balances and poses they know with a partner
4. Partner balances and poses from Yoga Pretzel Deck - back to back chair, Elevator, Rooftops
5. Create a sequence of 5 balances/poses – practice sequence – teach sequence to a partner

**Equipment:**

Mats, Yoga Pretzel Deck,  
Yoga music (optional)

**Assessment Ideas:**

A - Student ability to hold yoga poses for an extended period of time  
 B – student's experiencing flexibility component of functional fitness  
 C – student's cooperation with partner during partner tasks  
 D – student's ability to participate actively, willingly, and safely in balance activities

# Sample Adapted Physical Education Lesson Plans

**Ensheng Dong**



## **Sample Adapted Physical Education Lesson Plans:**

*Principles and Methods of Adapted Physical Education & Recreation* Kristi Roth, Laurie Zittel, Jean Pyfer, David Auxter, 2016-09-06 *Principles and Methods of Adapted Physical Education and Recreation* Twelfth Edition provides physical educators with the up to date knowledge and skills necessary to develop implement and monitor instructional programs for students at various levels of ability It is one of the only texts in the adapted physical education market that provides both task specific and developmental teaching approaches With the national movement to include most students with disabilities into the general curriculum the text is designed to enable adapted and traditional physical education teachers to successfully address those students needs in the general physical education class

*Principles and Methods of Adapted Physical Education* Kristi Roth, Melissa Bittner, Elizabeth Foster, Jean Pyfer, Laurie Zittel, 2025-09-22 *Principles and Methods of Adapted Physical Education* 13th Edition is an evidence based pedagogically focused resource with practical information and resources to prepare educators to deliver effective legally sound and evidence based adapted physical education services It incorporates the Adapted Physical Education National Standards

**Teaching Social and Emotional Learning in Physical Education** Paul M Wright, Kevin Andrew Richards, 2021-06-29 *Teaching Social and Emotional Learning in Physical Education* is the ideal resource for understanding and integrating social and emotional learning SEL competencies into the structure of a physical education program alongside physical activity and skill development goals This text should be incorporated as a key resource to guide physical education teacher education courses specifically focused on social and emotional learning while also providing supplemental readings for courses related to physical education curriculum instruction assessment and or models based practice Similarly practicing physical education teachers who are interested in developing a stronger focus on SEL in their teaching will find that the book provides a comprehensive resource to guide their professional learning and practice

*Adapted Physical Education* Lowell F. Masters, Allen A. Mori, Ernest K. Lange, 1983

**Resources in Education** , 1999-10 [Research Anthology on Inclusive Practices for Educators and Administrators in Special Education](#) Management Association, Information Resources, 2021-09-24 Inclusion in the classroom is a growing phenomenon that covers a range of areas and subjects with prominent discussions about race gender sexual orientation and age today s world is increasingly focused on making sure education is designed so everyone can succeed Inclusivity in special education is particularly important as special education covers a wide range of students including those with physical intellectual and behavioral disabilities As more research and information surrounding best practices new technologies and teacher education for special education is considered it is imperative that teachers and administrators remain up to date on these innovative techniques The *Research Anthology on Inclusive Practices for Educators and Administrators in Special Education* is a critical reference source that includes abundant research on all aspects of inclusion in special education as well as the latest trends research and studies to provide a comprehensive look at the current state of special education

Covering topics such as accessibility educational models teacher training and assistive technologies it is ideal for special education teachers academicians in service teachers pre service teachers professors students researchers professionals administrators curriculum developers instructional designers and policymakers     Organization and Administration of Physical Education Jayne D. Greenberg, Judy L. LoBianco, 2025-03-25 Organization and Administration of Physical Education Second Edition is fully updated with the revised SHAPE America National Physical Education Standards and culturally responsive teaching practices PE administrators will learn solid foundational theory and practices to implement successful programs     *Adapted Physical Activity Quarterly* ,2004     **Universal Design for Learning in Physical Education** Lauren J. Lieberman, Michelle Grenier, Ali Brian, Katrina Arndt, 2021 This groundbreaking text describes how general and adapted PE teachers can implement universal design for learning UDL to create units and lesson plans that are accessible to all students Numerous ready to use plans rubrics and examples will help teachers follow best practices in inclusion     *Collecting for the Curriculum* Amy J. Catalano, 2015-09-28 If you re a librarian charged with collecting curriculum materials and children s literature to support the Common Core State Standards then this book the only one that offers explicit advice on collection development in curriculum collections is for you While there are many publications on the Common Core for school librarians and K 12 educators no such literature exists for curriculum librarians at the post secondary level This book fills that gap standing alone as a guide to collection development for curriculum librarians independent of the Common Core State Standards CCSS The book provides instruction and guidance to curriculum librarians who acquire and manage collections so you can develop a collection based on best practices The book begins with a primer on the CCSS and how curriculum librarians can support them Discussion of the Standards is then woven through chapters arranged by content area that share research based practices in curriculum development and instruction to guide you in curriculum selection Material types covered include games textbooks children s literature primary sources counseling and nonfiction Additional chapters cover the management of curriculum collections testing collections and instruction and reference as well as how to support and collect for special needs learners Current practices in collection development for curriculum materials librarians are also reviewed The book closes with a discussion of the future of curriculum materials     *Research in Education* ,1974

**Adapted Physical Education and Sport** Joseph P. Winnick, 2000 Adapted Physical Education and Sport Fourth Edition prepares readers to provide services in the most included setting for each individual Written by Dr Winnick and 18 other experts including 6 new contributors Adapted Physical Education and Sport Fourth Edition will help practitioners bring out the capabilities of each individual BOOK JACKET     *Otto E. Miller, Plaintiff-Respondent, Against Fred W. Smythe, Defendant-Appellant* ,     *Dynamic Physical Education for Elementary School Children* Aaron Beighle, Robert P. Pangrazi, 2023-09-28 Now in its 20th edition Dynamic Physical Education for Elementary School Children continues as a mainstay in the physical education field providing preservice and in service elementary teachers the foundational knowledge

needed to teach quality physical education throughout their career This comprehensive elementary methods textbook includes physical activities that meet the Dynamic Physical Education standards and outcomes that can be used in elementary physical education classes New to this edition are QR codes linking readers to over 100 videos showing master teachers using the management strategies fitness routines skill instruction and activities described in the book The text is supplemented by the free interactive website Dynamic PE ASAP which includes a lesson building tool with more than 500 activities a customizable 36 week yearly plan free downloadable instructional signs and assessments and curriculum plans and activity videos Together the book and website put a complete plan for quality physical education at teachers fingertips The book also offers practical teaching tips case studies of real life situations to spark discussion and instructor resources an instructor guide presentation package and test package that make preparing for and teaching a course a breeze The 20th edition has been updated to reflect the latest knowledge and best practices in physical education including the following Dynamic Physical Education standards as a framework for a physical education program Content on equity diversity inclusiveness justice culturally sensitive pedagogy and trauma informed teaching A new chapter on racket related skills for tennis pickleball handball and badminton Additional lifetime activities including golf discs and climbing wall The 20th edition addresses the topics of equity diversity inclusiveness justice culturally sensitive pedagogy and trauma informed teaching based on current thinking and literature Content has been added throughout early chapters to connect the teaching of physical education to issues of equity and justice that are critical for teachers in today s schools With its emphasis on skill development and the promotion of lifelong healthy activity Dynamic Physical Education for Elementary School Children is highly applicable for both physical educators and classroom teachers It is an ideal text to support an elementary methods PE course providing the detail that PETE students need The content is also very accessible to students learning to become elementary education teachers With this latest edition Dynamic Physical Education for Elementary School Children remains the go to book for both preservice and in service teachers just as it has been for more than 50 years

**Teaching About Social Justice Issues in Physical Education** Jennifer L. Walton-Fisette, Sue Sutherland, Joanne Hill, 2019-09-01 Addressing social justice issues in a physical education context is necessary both at the higher education and PK 12 settings Limited undergraduate and graduate programs educate their students about social justice issues thus resulting in licensed teachers who lack the content knowledge comfort level and pedagogical tools on how to educate students about issues related to social justice Grounded in the transformative pedagogy theoretical framework this book will offer practical lessons and strategies on a wide variety of social issues e g body race self identity immigration that can be used in teacher education and the PK 12 setting The goal is for teacher educators and practitioners to feel more comfortable with teaching about and for social justice and believe this resource will enhance their content and pedagogical knowledge in the quest to achieve that goal The purpose of this book is to provide physical education teacher educators and PK 12 physical education teachers with

lesson plans and resources on how to address social justice issues in a physical education setting This book will include sample lesson plans activities that address a wide variety of social issues the what the how and the challenges and possibilities that the author s encountered when teaching such a lesson activity Addressing social justice issues has been limited in physical education both in higher education and PK 12 especially in the United States Numerous scholars internationally have engaged in research studies that explored how social justice issues are addressed in physical education teacher education Although we have research to support the limitations and complexities of teaching about sociocultural issues and for social justice a more practical resource for teacher educators and inservice teachers is needed The market for this book will be physical education teacher educators and PK 12 physical education teachers throughout the world

**Inclusive Physical Activity** Susan L. Kasser, Rebecca K. Lytle, 2005 Inclusive Physical Activity A Lifetime of Opportunities provides practitioners with practical strategies and hands on applications for physical activity programming to include all people In doing so it bridges the gap between school based and community based programs to help people with differences in ability become and remain physically active throughout their lives This book has many unique features in addition to the life span approach The authors use an ability based noncategorical approach that is on the cutting edge In doing so they maintain a program emphasis on performance and skill components rather than on labels and general disability guidelines The authors recognize that knowledge of common conditions is necessary for safe program design and have therefore included this information in the appendix This book prepares practitioners to do the following Become critical thinkers and problem solvers as they develop the knowledge and skills to provide meaningful inclusive physical activity Prepare and plan individualized physical activity programs for four major content areas movement skills and sports games design health related fitness and adventure and outdoor recreation Develop strategies and techniques to increase awareness of varying abilities foster more positive attitudes of peers and increase advocacy efforts aimed at inclusive physical activity Overcome barriers associated with inclusive programming Throughout the authors emphasize how to modify instruction and provide activity alternatives for differing abilities via their FAMME functional approach to modifying movement experiences model This unique model provides a conceptual framework and a four step process for accommodating all participants in physical activity Assessment considerations across the life span are integrated in the planning process and each skill component such as eye hand coordination strength attention span is presented in chart form with information on influencing factors and a number of effective modifications to accommodate varied skill levels Each chapter features the following reader friendly sections Including All Individuals presents opening scenarios that set the stage for the topics in the chapter Did You Know contains helpful facts and information Think Back is a list of reflection questions related to the opening scenario or to the previous text What Do You Think contains reflective questions related to the chapter content What Would You Do offers two sample scenarios at the end of each chapter detailing situations for readers to address Part I addresses historical and

sociological aspects of inclusive physical activity and the changing perspectives as they relate to individuals with differences in ability. Strategies to overcome barriers associated with inclusive programming are also discussed. Part II focuses on how and why practitioners should make modifications in instructional settings. This section offers insight into effective collaborative partnerships, determination of programming focus, and related assessment and individualized program planning. Part III illustrates examples of inclusive practices as they relate to commonly implemented physical activities. This part focuses on modifying instruction and providing activity alternatives in four major content areas: movement skills and sports, games design, health-related fitness, and adventure and outdoor recreation. Among the appendixes is a Person-Related Factors Reference Guide that presents definitions of specific conditions, selected facts of the common conditions, and general considerations and contraindications as they relate to physical activity participation. *Inclusive Physical Activity: A Lifetime of Opportunities* progresses from understanding the profession and professional responsibilities to practical strategies for programming. This book is based on the philosophy that all people with all their distinctive abilities and interests can and should benefit from participation in physical activity. This involvement should be lifelong, empowering, and inclusive of the range of possible programs, settings, and activities available to everyone.

**Health and Physical Education for Elementary Classroom Teachers** Retta R. Evans, Sandra K. Sims, 2016-03-11 In elementary schools across the United States, teachers are often tasked with teaching health education or physical education, although they may not have specialist training. *Health and Physical Education for Elementary Classroom Teachers: An Integrated Approach* is the perfect resource for these educators. It covers both health and physical education while giving current and preservice teachers the skills to deliver appropriate lessons to their young students. Retta Evans and Sandra Sims, respected educators and physical education advocates, provide everything teachers need in order to seamlessly incorporate health education and physical education into an integrated curriculum. Based on national health education, physical education, and state-specific academic standards, including the Common Core state standards, this is a guide that will help teachers empower elementary students to become healthy and active. The text is complemented with a full suite of ancillary products: sample syllabus and course outline, chapter resources including an overview, outline, review questions with answers, and learning activities, chapter questions to help in creating quick assessments of student learning or in building custom tests, approximately 150 slides to reinforce key points. The text also features lab exercises that allow students to practice the material they are learning, including designing their own standards-based lesson plans that integrate health and physical education. By learning the essential knowledge and using the invaluable strategies in this book, every teacher will be equipped to create a healthy and active school environment that maximizes student achievement. *Health and Physical Education for Elementary Classroom Teachers* is organized into two parts, each dedicated to different components of incorporating health and physical education into the elementary classroom. Part I focuses on the foundational knowledge needed for teaching health and physical education. It addresses the health risk

behaviors of today's generation of students a team approach to coordinated school health how physical growth and brain development in children are related to health and the many characteristics and benefits of a high quality physical education program Part II emphasizes the strategies necessary for incorporating health physical education and physical activity into the curriculum and school day It discusses how teachers can become advocates of healthy and active schools identify habits that promote everyday health in the classroom and incorporate physical activity and the national standards into each school day It also presents teaching methods assessment tools and evaluation strategies to ensure teaching success Throughout this book practicing and training teachers will find websites tips for best practices sample lesson plans and tables with innovative strategies The result is a great resource that teachers can use to fulfill what is both a tremendous responsibility and a unique opportunity promoting health and wellness in the elementary classroom using an integrated approach

**Adapted Physical Education** Paul L. Bishop, 1994 Principles and Methods of Adapted Physical Education and Recreation David Auxter, Jean Pyfer, Carol Huettig, 2005 Designed for students of physical education teachers physiotherapists and sports therapists this text provides coverage of physical education and recreation for the disabled including both task specific and developmental teaching approaches

**Strategies for Inclusion** Lauren J. Lieberman, Cathy Houston-Wilson, Michelle Grenier, 2024-03-13 The purpose of this book is to provide physical education teachers with the information and tools necessary for the successful inclusion of students with disabilities into their programs This product is designed to serve as a higher education textbook as well as a professional development or continuing education resource



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