

Montclair High School

Course Description:

Course Syllabus

Department: Physical Education

Course: Adapted Physical Education

Level: 9-12

Credits: 3.75

Adapted Physical Education (APE) is physical education that is individualized and specially designed to address the needs of students with disabilities who require adaptations or modifications to be physically active, participate safely, and make progress toward New Jersey's Academic Standards for Physical Education. The need for Adapted PE is based on student assessment.

At times throughout the year students will be successfully included in a general physical education class with their typically-developing peers with the support services they need.

Standards:

2.5 MOTOR SKILLS DEVELOPMENT

All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle

2.6 FITNESS

All students will apply health-related fitness concepts to develop and maintain a healthy, active lifestyle.

Anchor Text(s):

N/A

Supplementary Materials:

Course participants will utilize the weight room in the field house, the track, the erg room, dance rooms well as the Annex gyms and the circuit room at the Montclair YMCA.

They will need sneakers, gym shorts, T shirt, sweat shirt, and sweat pants.

Units of Study:

Cardiovascular, strength, balance, agility, and flexibility training as well as inclusion in small group activities with peer buddies.

Proficiencies:

By the end of this course, students will be able to:

- Perform repetitions to the best of their abilities on the fitness equipment at the field house and the YMCA
- Identify the cardio machines
- Respond to simple cardio questions
- Use the ergometers to the best of their abilities
- Demonstrate simple yoga poses
- Connect with and respond to a peer buddy from general physical education class

Evaluation & Assessment: 2.5

- Period 1/2: 100% participation
- Period 6: 60% participation
30% preparedness
10% tests/quizes