Mission Statement

The Adapted Physical Education (APE) Teachers are committed to function as an integral part within the Special Education Department and learning community of the Fort Worth Independent School District (FWISD) designed to make lasting contributions to the lives of all students, especially those with disabilities. We want to teach all students the benefits of an active and healthy lifestyle and provide tools to achieve lifetime wellness.

Curriculum & Instruction

**Elementary Adapted PE** curriculum builds skill development. Examples of units are: throwing and catching, striking (Bowling, Hockey, T-ball, Kick-ball), hand dribble (Basketball), foot dribble (Soccer), Volleyball, flexibility and rhythms.

**Middle School Adapted PE** curriculum emphasizes two-part skill application in game-like situations. Examples of units are Bowling, Flag Football, Volleyball, Bocce, Track and Field, Soccer, and Basketball.

**High School Adapted PE** curriculum applies all skills learned through elementary and middle school into lifelong sports and activities such as: aerobics and conditioning, individual sports, and team sports.

Adapted Physical Education

FWISD has an outstanding Adapted Physical Education (APE) program. There are currently 10 APE teachers district wide that serve all grade levels. APE is an individualized program of developmental activities designed for the unique needs of students who may need accommodations and modifications to successfully participate with their peers in physical education class. Services are based on need and designed to foster a positive self-image, encourage personal and social development, while promoting the benefits of a lifelong commitment to a healthy lifestyle.

Angelica Underwood, Ed.D.
Director, Adapted Physical Education
817.814.2850
Angelica.Underwood@fwisd.org

APE
GROUP
PHOTO
COMING SOON
**Service Delivery**
There are four placement options that provide students with special needs the opportunity to receive instruction in the least restrictive environment.

**General Education Physical Education**
- Student attends regular PE with peers.
- No APE services are necessary for student’s success in this setting.

**General Education PE with APE Consultation**
- General PE teacher is solely responsible for student’s grades and assessments.
- Student attends regular PE with peers.
- APE consults with PE and Special Education staff to monitor student progress and address PE concerns regarding possible curriculum / activity modifications, behavior management techniques, communication skills and/or assessing student skills.

**Adapted PE Direct Service**
- Student attend an inclusive PE class, with accommodations and modifications made by the Adapted PE teacher and Special Education staff.
- The APE teacher contributes to IEP development, and provides grades and assessments.

**Adapted PE Group Service**
- APE students taught in a special education setting outside of general education.
- The APE teacher is responsible for the IEP development, grades and assessments.

**Evaluation Process**
The Adapted Physical Education Evaluation is perhaps the most important part of ensuring that each student receives the most appropriate physical education program in the least restrictive environment. Evaluation includes collecting information from screening and testing instruments, formal and informal observation, review of records, consult with parents and guardians, and then using that information to identify the student’s needs. The Adapted Physical Education Evaluation requires Notice of Evaluation and Consent.

**The five purposes for evaluation in APE are as follows:**
a. Establish Present Level of Performance with evaluation tools— identify student strength and challenge areas.
b. Program Development - determine which activities would promote development of delayed areas as well as activity modifications necessary to permit participation.
c. Placement – assist in determining the most appropriate physical education placement in the least restrictive environment.
d. Prediction – enable the teacher to make professional recommendations about what the student is capable of achieving.
e. Measure Achievement – determine whether the student has achieved the established educational goals.
After the APE Evaluation

- The Adapted PE teacher will contact you and discuss the evaluation report.
- The Adapted PE teacher will discuss any concerns you may have regarding your child’s progress in physical education class.
- The case manager will schedule an ARD to discuss the evaluation.
- The Adapted PE teacher will contribute to drafting an Adapted PE IEP goal for ARD committee consideration.
- The ARD committee will review and consider the APE evaluation, inclusive of Adapted PE placement consideration and IEP goal(s), if applicable.