

Adapted Physical Education Lesson Plan Ideas
(Place the following ideas/propositions in context or add to your lesson plan.)

Subject: Track and Field

(Special Olympics competition events.)

Special Olympics Northumbury County offers three seasons (Fall, Winter, Spring) each with its own line-up of sports competitions. This competition is open to students ages 14 and older. Physical Education (and Adapted P.E.) classes are great settings for these students to receive appropriate practice. For more information check with the NC state website (below), the APC staff for CDE, or go to the Special Olympics website at www.speicalolympics.com/northumbury. Special Olympics follows national rules of competition, therefore events are measured following the same criteria. Not all events are offered at the local level every year, check the schedule or contact the APC department.

Possible goals:

Student will apply competitive action skills needed to perform a variety of track and field events.

Student will understand principles and strategies that apply to the learning of track and field events, and competing in these events.

Students will demonstrate understanding of the importance of physical fitness through participation.

Student will demonstrate behavior that demonstrates respect for self and others.

Link to NC Essential Standards for PE:

MS demonstrate locomotor skills (walk, run, jump), demonstrate manipulative skills (throw, put).

MS demonstrate terminology: understand essential elements of various forms (throw, put, relay exchange), when feedback and use of referee, apply prediction of position and understanding that behavior demonstrates performance.

GP recognize/understand fitness components, understand physiological changes and improvement of health enhancing activity.

PE understand personal goals, setting, and respect for others; use cooperation and communication skills to establish group goals in cooperative and competitive situations; analyze and reflect on skills that prove successful in activities.

AP's students are provided with access to communicate, participate, and demonstrate self-advocacy.

Track events:

General Adaptations:

Students with visual impairment: Special events (hearing, tapping of hands, voice) to guide them in a straight line.

Lesson Plans For Adaptive Physical Education

Huangqi Zhang



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