



## Summary

Many factors affect teaching of adapted physical education. Educators who can thoughtfully and imaginatively use many different approaches and teaching methods and matched them to the needs of the learners in their classes are likely to bring good success. Flexible educator teach the same content in different ways, thus allowing them to move fully adapt their teaching to meet individual needs . The two major approaches to physical education and sports are –humanism and applied behaviour analysis. Curriculum option, activity modifications, teaching styles, and class formats were used along with several powerful task analysis, and activity analysis to effectively meet the very real challenge of individual difference in learning. Also discussed is the teacher student ratios and an extremely diverse body of the student. Selected prescriptive planning and instructional models were suggested. Familiarity with these excellent resources helps in organizing the learning of students with unique needs.