

SUMMARY:

Adapted Physical Education is a sub-discipline of physical education and encompasses the same components associated with physical education, providing safe, personally satisfying and successful experiences for students of varying abilities. The curricular purposes of adapted physical education is aligned with those of physical education. The Individuals with Disabilities Education Improvement Act (IDEA) includes in the definition of adapted physical education physical and motor fitness, fundamental motor skills and patterns, skills in aquatics and dance individual and group games and sports, including lifetime sports, designed to meet the unique needs of individuals in between ages 0-21.