



Summary

Many factors affect teaching for physical education and sports. Educators who can thoughtfully and imaginatively use many different approaches and teaching methods and match them to the needs of the learner in their classes are likely to have good success. Flexibility educators teach all the same content in different ways, thus allowing them to more fully adapt their teaching to meet individual needs. In this chapter the two major approaches to adapted physical education and sports humanism and applied behaviour analysis were presented. The conclusion was reached that both approaches inform our teaching in a valuable and often compatible fashion. Important principles of motor learning that apply to students with unique needs were also discussed. The majority of the chapter examined how to effectively meet the very real challenge of individual differences in learners. Curricular option activity modifications, teaching styles, and class formats were discussed along with several powerful educational tools such as the instructional episode, task analysis and activity analysis. Also discussed was the importance of using support service, especially with increased teacher-student ratio and an extremely diverse student body. Finally, selected prescriptive planning and instructional models were suggested. Familiarity with these excellent resources helps in optimizing the learning of students with unique needs.