

Students with Special Needs



Using Adapted Physical Education to Create a Positive Educational Experience

Brief History

- Grew up in small farm town with 1 person with disabilities in high school, no minorities
- Bachelor in Kinesiology from Michigan State University in 2000
- Masters in Teacher Leadership from Roosevelt University in 2003
- Adapted Physical Education Teacher at Hinsdale South High School 2000-present



“The Closing of a door can bring blessed privacy and comfort—the opening, terror. Conversely, the closing of a door can be a sad final thing—the opening a wonderfully joyous moment.” Andy Rooney





Identify Your Goal

- What exactly do you want to accomplish?
- For Hinsdale South it is broad: make every student an integral part of the school community
- It is imperative to emphasize the social aspect of physical education
- All components of PE are applied, but the social is paramount to this process



What Resources are in Place to Help You?

- Does administration agree with your view?
- Is the special education program ready to do its part?
- What, if anything has been attempted in the past?
- Are your colleagues on board with you?



Be a Role Model for the Movement



- You have to consistently model the exact behavior you expect from others
- Have high expectations for students with special needs
 - Social interaction needs to be appropriate on both sides
 - Peers will see that these students can and want to learn
 - Make conflicts a teachable moment

Peer Partners

- Be very selective when assessing applications
- Be up front about expectations
- They are part of the solution, not the problem
- Being a peer partner is a full time job
- Look for kids from all parts of school



Best Buddies

- Another option or addition is after school club that matches students with disabilities and regular education students
- Schedule group outings to popular school events, dances, etc.





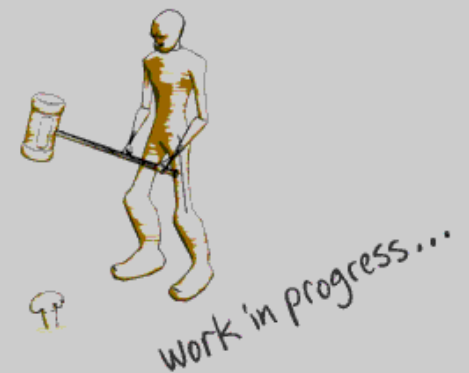
Special Olympics

Special Olympics

- What better way to connect students with disabilities to the school than to play competitive athletics
- Creates a sense of pride and belonging to the school community
- Assess what sport or sports would be most beneficial for your students
- Basketball is most popular at high school level

Monitor Progress

- “Every day you may make progress. Every step may be fruitful. Yet there will stretch out before you an ever-lengthening, ever-ascending, ever-improving path. You know you will never get to the end of the journey. But this, so far from discouraging, only adds to the joy and glory of the climb.”
- Sir Winston Churchill



Progress cont.

- The needs of the students will continue to change.
 - Do you add or change programs?
 - Can you work cross-curricular?
 - Is the population out-growing the program?



Additional Information

$$1 + 1 = 2$$



- Never compromise your expectations
- Never enable your students
- Be careful of burnout. You need help to run a successful program
- Be sure to recognize any support you receive from administration

Contact Information

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