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Part I ■ Understanding Inclusion **1**

Grasp the current trends in inclusion and understand the importance of making inclusion a priority in the physical education setting.

Chapter 1 Defining Inclusion in Today's Classroom **3**

Gain valuable perspective on the history of the inclusion movement and its impact on physical education programming. Influential legislation is explained and pre-inclusion planning (IEP) is introduced.

Chapter 2 Preparing for Inclusion **13**

Understand how accurate assessment in adapted physical education directly affects inclusion planning. This chapter provides insight into both traditional assessment techniques and authentic assessment techniques and their strengths and weaknesses.

Chapter 3 Planning for Success **33**

Learn how effective Individualized Education Plans (IEPs) set the stage for successful inclusion. Components of the IEP form, the IEP meeting process, and the IEP team members and their roles are discussed and defined in detail.

Chapter 4 Adapting the Curriculum to Fit Special Needs **51**

Discover new theoretical constructs that drive the adapted physical education field. Concrete examples are provided to help bring these theories to life. Basic principles of adapting games and activities as well as instructions on implementing the adaptations suggested are also included in this chapter.

Chapter 5 Creating an Atmosphere for Achievement 67

Identify support personnel and services that can help to create an open atmosphere for student achievement. Learn the strategies and techniques needed to develop disability awareness and peer tutoring programs.

Part II ■ Strategies for Inclusion 95

Put into action the theories and techniques explained in part I. Specifically, chapters 6, 7, 8, and 9 contain thematic, adaptable instructional units. Each unit includes adaptation checklists and rubrics for easy implementation.

Chapter 6 Basic Skills 105

Fundamental motor skills are the foundation for future sport and teamwork success. Basics such as balance, coordination, and body awareness as well as specific sport skills such as baseball, football, golf, and gymnastics are a sampling of the units covered.

Chapter 7 Sport Skills and Teamwork 133

Sport and teamwork skills can help any child feel accomplished and accepted. Fundamental sport concepts and cooperative teamwork through units including baseball, football, golf, and gymnastics are reinforced in this chapter.

Chapter 8 Health and Fitness 167

Health and fitness skills cannot be overlooked at any age. This chapter pairs units of basic fitness skills with health knowledge essential for successful performance throughout life. Units include fitness activities such as aerobics, aquatics and swimming, weight training, and more.

Chapter 9 Recreation and Life Skills 177

Recreation and life skills improve quality of life. Recreation skills in particular can be adapted to meet most children's needs. A few of the units included within this chapter are backpacking and hiking, bowling, canoeing, fishing, and in-line skating.

Appendix A Disabilities in Kid Terms 191

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Appendix D Aquatics Checklist 219

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