

ADAPTED PHYSICAL EDUCATION APE

NAME: _____

SCHOOL NAME: _____

DATE: WEEK OF: APRIL 2nd - April 10th

NOTE: If for some reason you feel the student is unable to do the item(s) don't have them do the activity. These are only suggested items.

We are recommending 60 minutes per week of adapted physical activity.

These workouts can be broken down however you see fit as long as you try to get a total of 60 minutes for the week.

	WORKOUT #1	WORKOUT #2	WORKOUT #3
DATE:			
	Total Duration in Minutes:	Total Duration in Minutes:	Total Duration in Minutes:
Warm Up Stretching See Stretching Document			
Dynamic Warm-Up See Dynamic Warm up Document			
Push Ups #			
Situps #			
Object Control Activity: Catch, Throw, or Kick Balls			
Walk/Jog			
Cool Down			
Other Exercises			
Total Minutes:			