

| 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<br>Stretching<br>See Stretching Document   |                            |                            |                            |
| Dynamic Warm-Up<br>See Dynamic Warm up Document  |                            |                            |                            |
| Push Ups #   |                            |                            |                            |
| Situps #   |                            |                            |                            |
| Object Control Activity:<br>Catch, Throw, or Kick Balls  |                            |                            |                            |
| Walk/Jog   |                            |                            |                            |
| Cool Down  |                            |                            |                            |
| Other Exercises  |                            |                            |                            |
| Total Minutes:   |                            |                            |                            |