

START STRONG

September APE Survival Sheet

A one-page reminder of what matters most during the first month.

THIS MONTH, FOCUS ON

- ☐ Build a predictable class routine and explicitly teach it.
- ☐ Learn how each student communicates and how much processing time they need.
- ☐ Identify motivators, preferred activities, and meaningful choices.
- ☐ Teach transitions and equipment expectations before expecting independence.
- ☐ Build relationships with paraeducators and clarify their role in PE.
- ☐ Observe baseline performance without trying to assess everything at once.
- ☐ Choose one or two data points that will actually inform instruction.
- ☐ Notice what helps each student participate more independently.

SEPTEMBER REMINDER

You do not need to have your entire year figured out in September. Build the foundation first. You can refine the program as you learn your students and your team.