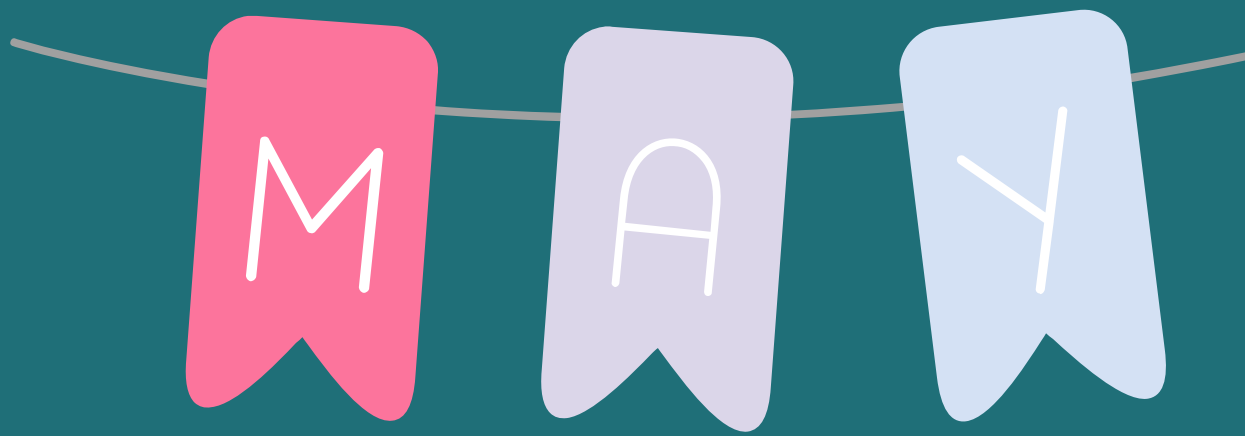




End-of-Year Adapted P.E. Success Kit

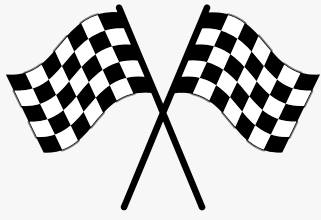
Field Day ideas, simple planning tools, and a quick showcase guide for Adapted Physical Education.

EasyAdaptedPE

Helping teachers create meaningful
Adapted Physical Education experiences



You Made It to the Final Stretch



May is a special time in Adapted P.E.

The routines are in place.
Students have grown.
And there's a lot to celebrate.

But it can also feel like one of the hardest times to plan

.

Field Day is coming.
Schedules are changing.
Energy levels are high.

If you're feeling that, you're not alone.

This kit is designed to help you:

- keep things structured
- simplify your planning
- support all learners
- finish the year feeling confident

Small, simple systems can make these last few weeks smoother—and more meaningful.

Simple Field Day Activities for Adapted P.E.

Keep activities predictable, structured, and easy to modify.
Try these simple stations:



Obstacle Course

Students move through cones, tunnels, and stepping spots.

Adaptations:

- Allow walking instead of crawling
- Shorten the course
- Provide guided support



Target Toss

Students throw beanbags or balls into buckets or hoops.

Adaptations:

- Move targets closer
- Use larger targets
- Use different equipment (scarves, foam balls)



Adapted Relay

Students take turns completing a simple movement task.

Adaptations:

- Walk instead of run
- Reduce distance
- Use visual cues

Parachute Popcorn
Students work together to keep balls moving on the parachute.

Adaptations:

- Use fewer balls
- Assign specific spots
- Provide hand-over-hand support



👉 Bottom line:

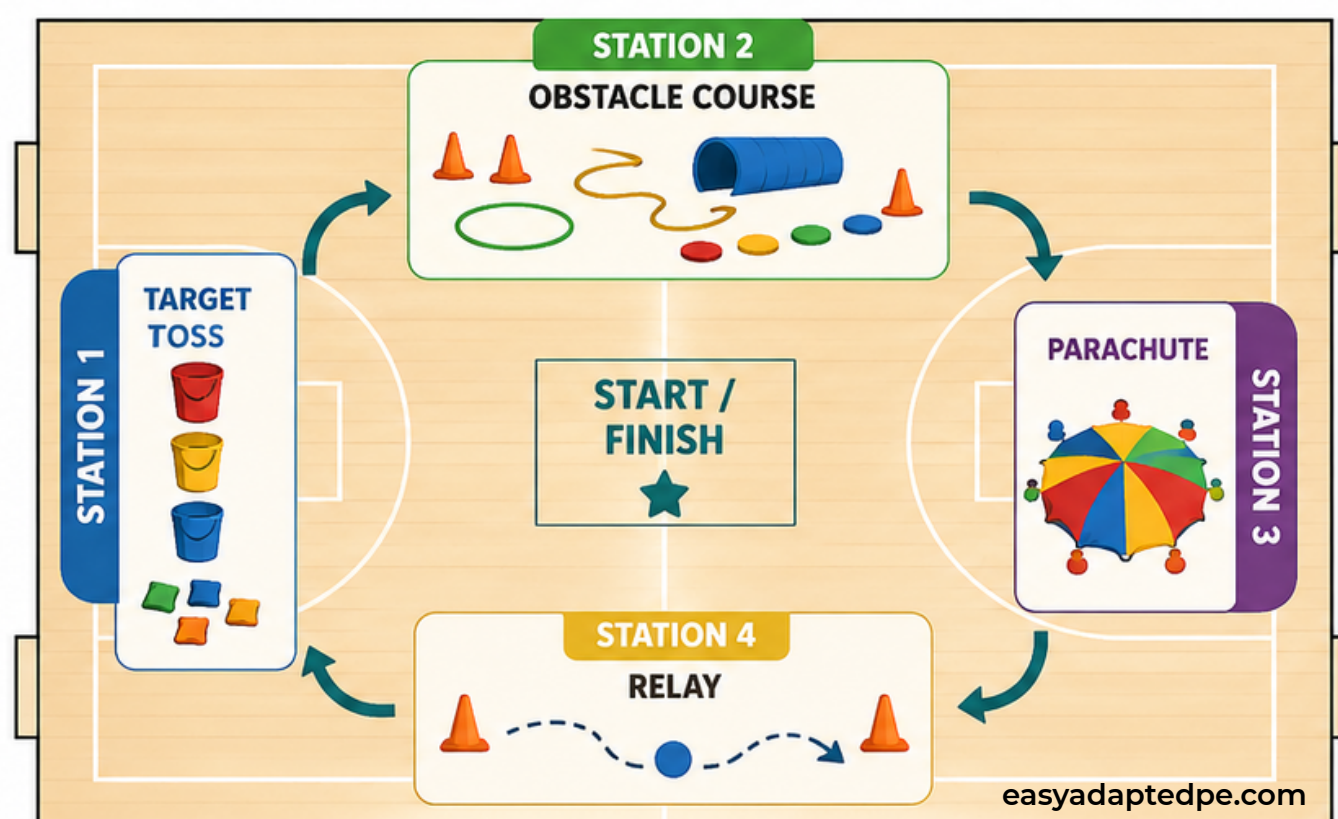
Keep activities simple, repeatable, and successful for all students.

Simple Field Day Setup That Works

Use a structured station layout to reduce confusion and increase engagement.

FIELD DAY EXAMPLE SET-UP

4 STATIONS • ROTATE CLOCKWISE • 2-3 MINUTES PER STATION



HOW IT WORKS

- ✓ Students rotate clockwise.
- ✓ Spend 2-3 minutes at each station.
- ✓ Use a signal (whistle, timer, or visual) to transition.
- ✓ Keep directions clear and simple.
- ✓ Provide support and adaptations as needed.

★ **GOAL:** Keep it fun, structured, and successful for all students!

STATION 3: PARACHUTE



Activity:
Work together to keep balls moving on the parachute.

- Adaptations:**
- Use fewer balls
 - Assign spots
 - Provide hand-over-hand support

STATION 1: TARGET TOSS



Activity:
Throw beanbags or balls into buckets or hoops.

- Adaptations:**
- Move targets closer
 - Use larger targets
 - Use different equipment (scarves, foam balls)

STATION 2: OBSTACLE COURSE



Activity:
Move through the course using a variety of skills.

- Adaptations:**
- Allow walking instead of crawling
 - Shorten the course
 - Provide guided support

STATION 4: RELAY

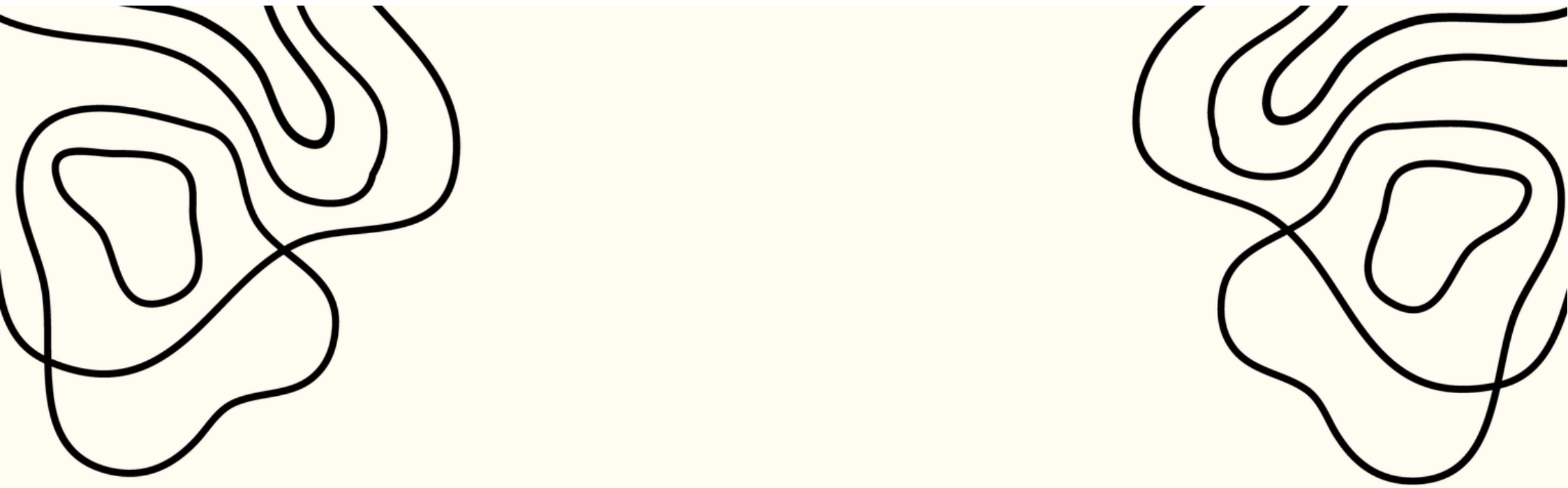


Activity:
Students take turns completing a movement task.

- Adaptations:**
- Walk instead of run
 - Reduce distance
 - Use visual cues

💡 **QUICK TIP:** Keep instructions short, use visual supports, and celebrate effort and participation!

- STUDENTS ROTATE EVERY 2-3 MINUTES IN A CLOCKWISE DIRECTION
- PROVIDE TARGETS AT VARYING HEIGHTS
- PROVIDE MULTIPLE POLY SPOTS FOR VARYING DISTANCES FROM THE TARGET.
- FOR WAITING IN LINE: USE A RED POLY SPOT FOR WAITING, YELLOW FOR GET READY, AND GREEN FOR GO.
- USE A VARIETY OF EQUIPMENT FOR STUDENTS TO THROW, INCLUDING SENSORY & TACTILE.
- EACH STATION SHOULD HAVE A COLORED CONE WITH A CORRESPONDING NUMBER IN THE SAME COLOR.
- USE STATION ROTATION CARDS AS NEEDED
- ENCOURAGE STUDENTS TO MOVE AT THEIR PACE AND IN THEIR FAVORITE WAY TO MAXIMIZE PARTICIPATION AND ENGAGEMENT.

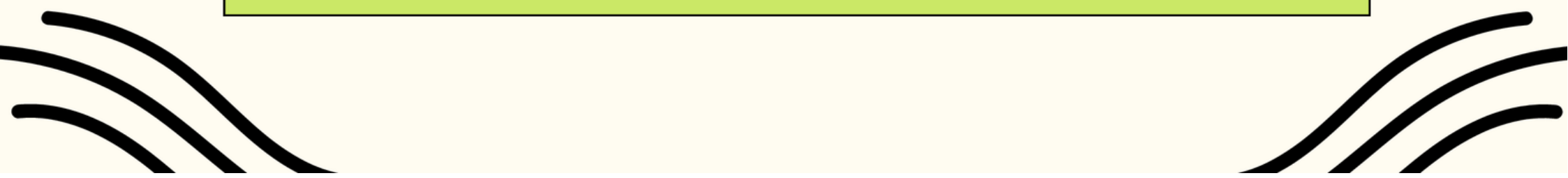


ADAPTED PHYSICAL EDUCATION END-OF-YEAR SHOWCASE PLANNER



An Adapted Physical Education (APE) End-of-Year Showcase is a culminating event where students demonstrate the skills, activities, and progress they've achieved throughout the year. It can include performances, interactive stations, or exhibitions of activities designed to highlight their abilities and celebrate their growth. The showcase fosters inclusion, builds confidence, and strengthens the relationship between the school and families.

@EASYADAPTEDPE



STEPS

PLAN AND PREPARE AN APE END-OF-YEAR SHOWCASE

DEFINE THE PURPOSE AND GOALS

1

PLANNING DETAILS

2

NOTIFY STAKEHOLDERS

3

CREATE A PREPARATION TIMELINE

4

REHEARSE WITH STUDENTS

5

SHOWCASE CHECKLIST

6

EVENT DAY TIPS

1

DEFINE THE PURPOSE AND GOALS

Define the Purpose and Goals

Purpose : Celebrate student achievements, increase awareness of the APE program, and engage parents and the school community.

Goals :
Show case student progress in physical and motor skills.
Provide an inclusive and welcoming environment for families.
Highlight the importance of APE.

2

PLANNING DETAILS

Planning Details

EventDateandTime :

Choose a date that accommodates families and avoids conflicts with other school events.

Venue:

Use the gymnasium, outdoor field, or another accessible area.

Format Options:

Individual or group performances (e.g., dance routines, obstacle courses).
Skill demonstration stations(e.g., throwing, catching, balancing).
Interactive activities where families participate with students.

Participants:

Students enrolled in APE.
Peers, paraprofessionals, and general education teachers (optional for inclusion).

3

NOTIFY STAKEHOLDERS

3. Notify Stakeholders

Send invitations to:

Parents and guardians.

School staff and administrators.

Local community members(optional).

4

CREATE A PREPARATION TIMELINE

4. Create a Preparation Timeline

Task	Deadline
Choose date, time, and venue	[Insert Date]
Secure equipment and materials	[Insert Date]
Send parent permission forms	[Insert Date]
Plan student activities/showcase	[Insert Date]
Rehearse activities with students	[Insert Date]
Set up venue	[Insert Date]
Host the event	[Insert Date]
	[Insert Date]

5

REHEARSE WITH STUDENTS

5. Rehearse with Students

Practice each activity or routine multiple times.

Provide support and encouragement to boost confidence.

SHOWCASE CHECKLIST

Showcase Checklist

Planning and Logistics

- ☐ Set date and time.
- ☐ Reserve gymnasium or venue
- ☐ Confirm transportation for students, if needed.

Communication

- ☐ Send invitations or save-the-date notices to parents and staff.
- ☐ Collect signed parent permission forms.

Materials and Equipment

- ☐ Adapted equipment for activities(balls, hoops, cones, etc.).
- ☐ Decorations or signage for the event.
- ☐ Student certificates or awards for participation.

Event Day

- ☐ Set up activity stations or performance areas.
- ☐ Test equipment and ensure accessibility.
- ☐ Greet parents and attendees.

Event Day Tips

Ensure the event is inclusive and accessible for all participants.
Celebrate every student's unique achievements with certificates or awards.
Incorporate music, decorations, and fun elements to make the event memorable.

An APE showcase is a fantastic way to celebrate your students and their progress while fostering a strong connection with families and the community!

Parent Permission Letter Template

[School Name]

Adapted Physical Education Program

[Date]

Dear Parent/Guardian,

We are excited to announce our **End-of-Year Adapted Physical Education Showcase**, where students will demonstrate the skills they've learned and their progress throughout the year. This event is an opportunity to celebrate your child's achievements and share the importance of adapted physical education with our school community.

Event Details:

Date:[InsertDate]

Time:[InsertTime]

Location:[InsertLocation]

Your child will participate in this event by showcasing their skills through fun activities and performances. Please sign and return the permission slip below by [Insert Deadline].

If you have any questions or concerns, feel free to contact me at [Insert Email/Phone Number].

Thank you for your support, and we look forward to seeing you at the event!

Sincerely,

[Your Name]

Adapted Physical Education Teacher

Permission Slip

I, the parent/guardian of [Student Name], give permission for my child to participate in the End-of-Year Adapted Physical Education Showcase on [Insert Date].

Parent/Guardian Name: _____

Signature: _____

Date: _____

Keep Building Your APE Program

If this kit was helpful, you're already doing something important
—reflecting and improving your teaching.

If you're looking for a complete system that helps
with:

- lesson planning
- behavior support
- adapted PE strategies
- working with paraprofessionals
- organizing your entire program

I've created a resource that walks through all of it
step by step.

The Ultimate Adapted P.E. Manual

A complete system designed to help you plan
meaningful lessons without starting from
scratch every week.