

# Physical Fitness and Activities made possible



No Child Left on Their Behind

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# Participants will:

## Think outside the box

equipment, rules, use of space, instruction

## Have broader understanding

personal fitness and lifetime activities

## Increase their repertoire

fitness and activities

# Fitness in PE

**Warm-Up**

**Endurance**

**Strength**

**Flexibility**

**Body awareness**

**Body positioning**





## **Endurance:**

**Walking – Jogging – Running**

**Cycling**

**Dancing**

**Swimming**

**Jump roping**

**Sound sources, peer, tether, clear path**

**Lights**

**Tandem, trailer, stationary , hand paddler**

**Place markers (borders) orientation**



**Strength:**

**Upper body**

**Machines**

**Free weights**

**Push ups**

**Lower body**

**Machines**

**Plyometrics/jumps**

**Core**

**Sit ups**

**Push ups**

**Balances**

**Brailed instructions**

**Raised drawing**

**Descriptive instructions**

**Model**

# Body Awareness/ positioning

- Clear visuals
- Descriptive and Concise
- Information in Braille
- Fundamental motor patterns
- Balance variety
- Spatial awareness, rolls
- Posture
- Attitude



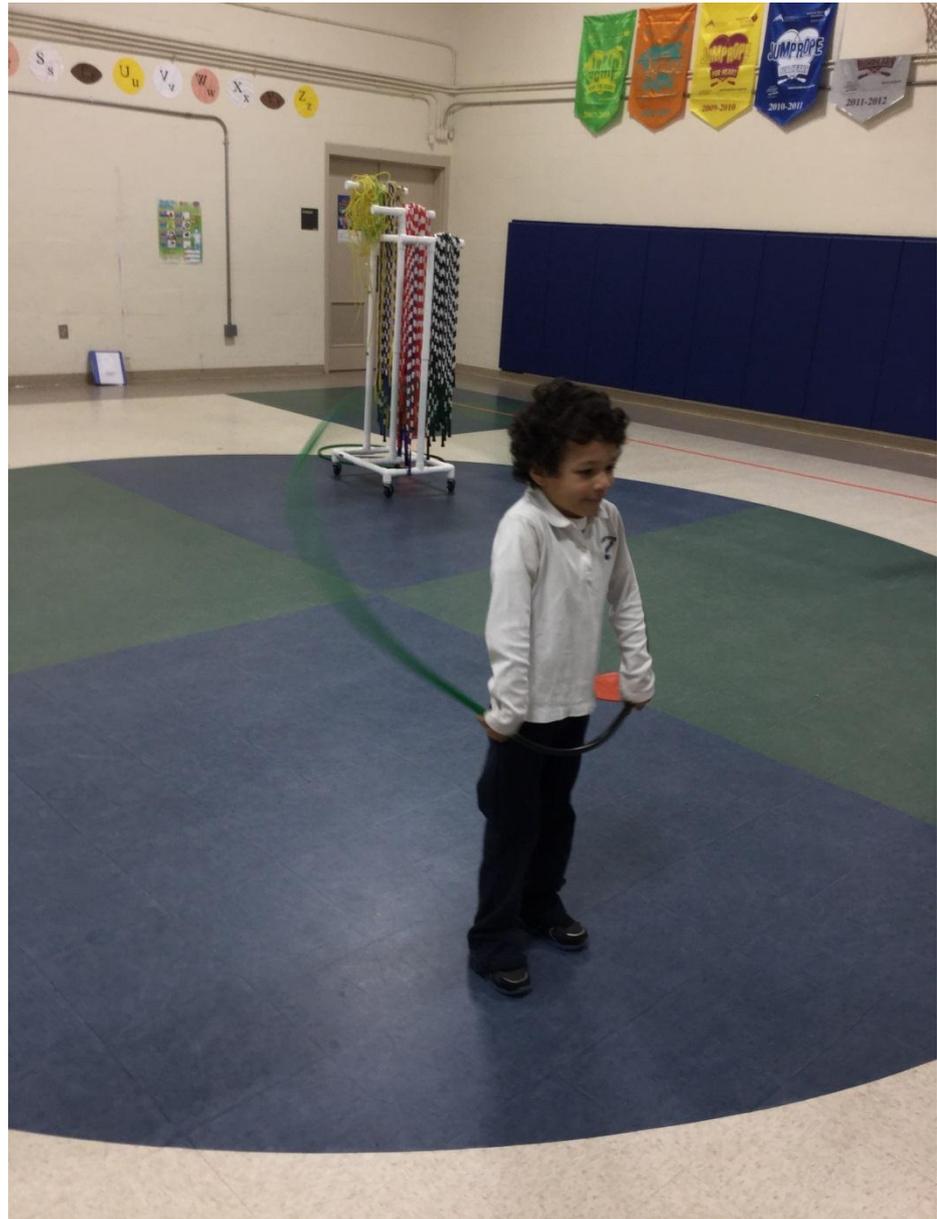
# Activity: jump rope

- Hula hoop
- Oval hoop
- Jump stick
- Half ropes
- Beaded ropes
- Speed ropes

- Short ropes
- Long ropes

Turning forward

Turning backward







# Activity: Throwing Passing

- Model
- Describe
- Sound source
- Light source
- Investigate equipment
- Flow (start to finish)
- Peer buddy
- Equipment choice





# Activity: Striking

- Choice of equipment
- Model
- Peer buddy
- Sound sources
- Investigate equipment
- Spatial relationship
- Place markers



