WHAT IS ASAPP?

The After-School Adapted Physical Program (ASAPP), is a program designed to bring a “quality learning experience in Physical Education for students with disabilities.”

The program is administered by University students who are working toward their Single Subject Teaching Credential in Physical Education, with an Adapted Physical Education Added Authorization. These future teachers will be bringing physical education services to students with disabilities from ages 3-22, within the public school system. The student teachers work to provide individualized instruction to an assigned student, as well as innovative group lessons to include all learners.

The program runs for one hour, twice a week, for ten weeks during the regular school year. For the first half hour, students work one on one with a teacher, receiving personalized instruction based on motor assessment data taken from the first day of the program. During the second half hour, the teachers alternate leading a group lesson, to simulate an activity they might use out in public schools.

ASAPP benefits the students, teachers, and parents alike by providing the opportunity for quality instruction in a non-restricting environment. At ASAPP, students can learn in a way that supports both themselves, and those who surround them.

THANK YOU FOR A GREAT YEAR!

The 2016-2017 ASAPP Program was a fantastic success, thanks to you and your students! Over the two 10-week sessions, we have had the pleasure of seeing both the University students and the ASAPP students make great improvements in their skills. We appreciate your participation and support!

As we wrap up the school year, we are excited to announce the theme for Camp Nugget, Galaxy Quest! There is still space left to enroll, however spaces are filling up quickly! For more information, visit www.csulb.edu/campnugget or email campnugget@ymail.com.

Happy exercising!

ASAPP Staff
Meet Naomi!

Naomi is a sweet and cheerful 13 year old young lady who is non-verbal, but communicates through her facial expressions. If Naomi enjoys an activity she does not hide her enthusiasm, her smile and eyes will usually give her excitement away. Naomi has a great contagious smile that will brighten your day! When Naomi walks into ASAPP she's always in a great mood, ready to workout. She is a hard worker, especially when motivated through her pom poms, or bean bags. This semester Naomi worked on her fitness and dance skills, while incorporating functional skills for daily living, such as going up and down a flight of stairs independently. Naomi loves a game of chase, especially during group activities and dancing to music with teacher prompts (physical/Verbal). She enjoys being stretched, by a teacher, to help loosen her muscles, and giving high fives! It's been a great and amazing experience, having had the opportunity to work with Naomi this semester.

Naomi would benefit from the KEEN program, especially since the program offers a non-competitive one-to-one program of exercise, fitness, and fun. The KEEN program also provides a safe and welcoming environment to all the students. Volunteer coaches, who lead the program, foster confidence, self-esteem, and community inclusion for every youth with a disability. The KEEN program is also free of charge and tailored to each student's needs.

http://www.keenlosangeles.org/bowling-bonanza-2017

Ms. Brittney & Ms. Cristina
Meet Siasha!
Siasha Brown comes every Tuesday and Thursday to work out and work on her math skills in the ASAPP program at CSULB. She always brings her excitement and energy to each class. This semester she has been working on her fitness skills by performing jumping jacks, modified planks, and abdominal exercises. She has been working on counting slowly, counting backwards, simple addition, and subtraction this semester!

Siasha would benefit from additional programs that provide physical activity, and social interaction. Visit http://www.nchpad.org/Directories/Programs/8721/California~Adaptive~Rowing~Program~CARP~ for more information!

Miss Roxy

Meet Molly!
Molly is a charismatic 11-year-old who loves interacting with and helping others. She always comes into ASAPP with a huge smile on her face, eager to greet everyone in the room and to start her activities. Some of her favorite activities include dancing and scooter boarding. This semester, Molly worked very hard to improve her fitness and social skills. She has made great progress in her fitness ability during the 10 short weeks of ASAPP. Her social skills were already spectacular to begin with. We mostly focused on teamwork and helping others be more successful, which came very easily to Molly. It has been a pleasure to work with and get to know Molly. Not only has she grown tremendously in her gross motor functions and fitness abilities, she has also grown to became a social butterfly. She definitely brings the cheer into ASAPP.

We Rock the Spectrum is a gym with an all inclusion philosophy where children of all ability levels can play, learn, and grow together. Molly would benefit from this place because it would give her a great opportunity to socialize.

http://www.werockthespectrumlongbeach.com
Meet Ravi!

Ravi is an 11-year-old boy that is enthusiastic and always ready to participate during group time. He enjoys dancing and playing basketball and is working on perfecting his behind the back pass. Ravi has done an excellent job improving his fitness especially his cardio. He would benefit greatly from activities that challenge him and incorporate some of his favorite things like dancing.

Dance program
http://www.guidanceautism.com/about

A bonus link to equestrian therapy
http://www.sert.org/

Meet Aiden!

Aiden is a very energetic 9 year old who always comes to ASAPP with a smile on his face. He always enjoys activities that involve music. Aiden has been working on endurance walking, where he can use in his everyday life. Aiden’s walking and balance has greatly increased over the semester, where he is able to independently walk around and explore his surroundings. I recommend Aiden continue to work on his cardiovascular endurance by enrolling him into Camp Nugget, where he can continue to work on variety of skills including swimming. I would also recommend enrolling him into Camp Sunshine in Sherman Oaks. In this camp it is structured for kids with disabilities, where they work on life-long skills, socialize and have fun with their peers

Camp Sunshine: Camp Sunshine - Kids Like Me
Meet Alisse!

Alisse is a fun and loving 13-year-old girl. She is dedicated and works very hard during ASAPP to earn her scooter board time! She is always up for new challenges and approaches them with a lot enthusiasm. Her and I always have a blast working on our mobility courses. Some of the skills we targeted this Fall were- dynamic balance, pacer laps, underhand rolling, strength, color identification, speech acquisition, and counting to 10. She always makes things enjoyable for me and her cute little smile is comparable to none. Next year, she will be going to high school so functional fitness preparation is another one of our focus. Fortunately, she likes all sports and doesn’t put any challenge to rest! She even loves to dance to Beyoncé music or anything with a good beat. I think her best attribute is that she follows directions well and is redirectable with minimal prompting. Currently, she says hello to 3 friends without being physically directed all the time to do so. Building her social skills at ASAPP will transfer to her new environment during high school- making it easier for her to transition. One friend she never fails to greet is Molly. They both are the sweetest kids I know!

Mr. Jaime

Meet Elijah!

Elijah was a new member to our ASAPP team this semester. He is a happy 6-year-old boy filled with tons of energy! He’s always smiling and loves to have fun. He enjoys activities that involve throwing and kicking playground balls and is highly motivated by scooter-board play. Elijah has shown much improvement through ASAPP in his object control and locomotor skills, along with his social interactions with other classmates. It has been a pleasure working with Elijah this semester. Thanks for everything Elijah. Keep up the great work!

Here is a great program that Elijah can participate in. It’s called Junior United Soccer Association TOPSoccer and it is designed to provide soccer opportunities for children with autism. The program is for players ages 4 and up. Elijah might benefit from a program like this because he has shown an interest in kicking around a soccer ball and it will give him a chance to socialize with other children in a team setting.

Junior United Soccer Association TOPSoccer

Miss Vanessa
Meet Natalia!

Natalia is a 12-year-old girl who always has the biggest smile on her face when she walks through the doors ready to work. Natalia brings an infectious positive attitude to ASAPP. She loves to help other students by encouraging them to do their best. Her enthusiasm and helpfulness also benefit the teachers! Natalia demonstrates respect and responsibility after group time by volunteering to pick up the equipment. Natalia enjoys working out and she really thrives in soccer- she has a BIG kick! She is quite capable in all locomotor activities, and she likes to throw, catch and kick. In addition to her awesome soccer skills, Natalia loves music and dancing. She will start dancing at a moment’s notice any time music comes up. Below is a link to social/soccer league where Natalia can strive and enhance her soccer skills!

http://www.outbreaksoccercenters.com/wolfpack/

Mr. Marcelino

Meet Connor!

Connor is a fun loving 11-year-old who loves using the scooter board to exercise his arms and legs. Me and Connor have been working on basketball skills and fitness activities this semester in ASAPP. Connor really loves to shake, twist, jump, and spin whenever there is good music playing and likes going to the park with his mom to see the ducks.

http://www.free2bemedance.com/

Mr. Jacob
Meet Christopher!

Chris is an outgoing and energetic 11-year-old boy who loves to tell jokes. He is always excited when he walks into the ASAPP room and is eager to get to work. He becomes motivated when the theme of the lesson is presented. Christopher is very athletic and loves to run and dance. He also excels at throwing a ball and dribbling a basketball. Chris loves to be challenged in physical activity. He enjoys running through timed obstacle courses and racing against his previous times. He also likes music and is quick to dance when given the chance. When music plays during ASAPP, he is one of the first kids to start dancing. It would be a great experience for Chris if he were given the opportunity to attend Music for Autism concert. This organization connects kids with autism and their families by giving them the opportunity to learn and watch musicians perform. This would be a great experience for Chris and I believe he would learn a lot about music and dancing.

https://musicforautism.org/

Mr. Eron

Meet Antwone!

Antwone is a very athletic and fun 10 year old! He loves to run, dance, and play basketball. Antwone is very confident in his skills and is never shy to tell me when an activity is too easy. He loves to harness his inner “Sonic” while we do our daily running. Antwone is highly skilled and it was very fun to work with him this semester! I recommend Antwone to attend Camp Nugget this semester, to continue working on his skills when school is not in session.

www.csulb.edu/campnugget

Mr. Matt
Meet Julian!

Julian is a 12-year-old boy who loves to be active! He has a contagiously endearing, high spirited personality that is a pleasure to be around in the ASAPP program. Julian has improved in several physical fitness areas including the plank, wall push ups, and his cardio respiratory endurance. He has also shown great ability and interest in basketball, and bowling. One of Julian's favorite parts of ASAPP is when he has earned his CBI (community based instruction) trip to the CSULB Game Center room, located in the University Student Union building. We watch the bowlers and discuss bowling rules and key terms. On our walk back, we practice different social skills such as, holding a conversation, and holding doors open for people. Julian seems to be very comfortable in this environment, and when the ASAPP program is over he will still be able to go to the USU Game Center and use the bowling lanes from 8am-10pm Monday-Friday and 11am-8pm on Saturdays. Below is the website with more information.

http://www.asicsulb.org/corporate/enjoy/games-center

Thank you again for a great year!

Don’t forget to join us for CAMP NUGGET, June 19-July 14!

Visit www.csulb.edu/campnugget for details, or email campnugget@ymail.com