The Adapted Physical Education Program (ASAPP) is finishing up another great year! We will be concluding on Thursday, May 2nd. This program is for children ages 5 to 13 years old and welcomes all ability levels. At ASAPP, we concentrate on children’s ability rather than their disability, and have fun while improving their fitness levels, social, and cooperation skills that they can use for a lifetime. ASAPP meets every Tuesday and Thursday from 3:45 pm to 4:45 pm. For the first 30 minutes, the participant works one on one with their assigned teacher, who is studying Adapted Physical Education (APE) at CSULB. Every lesson is adapted to meet the participant’s needs designed from pretesting. The pre test used was a standardized test, The TGMD-2, which helps the teacher personalize lessons and goals for the next 10 weeks. The last 30 minutes are dedicated to a group activity. Every week, a different teacher is assigned to create a lesson and teach it to all the participants. With the creativity and dedication our APE students provide, the program continues to be fun for all ages. We wish you a great, active summer and hope to see you again!

Thank you to all of the participants for always coming to ASAPP ready and excited to learn how to have a physically active lifestyle. Thank you to all of the parents for your continued support of ASAPP. Without you, our program could not exist! Also, the program would not be successful without the patience, hard work, and diligence of the director, Dr. Barry Lavay, and the APE students.
Camp Nugget
Camp Nugget is a great way for your child, between the ages of 5 to 13, to stay active during the summer! This year, Camp begins on June 17th and ends July 12th, Monday through Friday from 9am-12pm. The program is directed by Dr. Barry Lavay, a Kinesiology Professor and the Adapted Physical Education Coordinator. Our camp counselors are CSULB students who have been trained (or in training) in Adapted Physical Education. Camp Nugget concentrates on the child as a whole. Cognitively, we have muscle, bone, and food of the week and discuss the importance of it. Also camp focuses on motor and social skills such as cooperative games, fitness, and swimming. Space is limited, so please request for a registration form if you are interested or go to the website at www.csulb.edu/campnugget

Meet ASAPP

Ravi

Ravi is an energetic and enthusiastic 7 year old boy in the 2nd grade. Ravi always comes to ASAPP ready to work and participate in activities. Ravi enjoys running, jumping, catching, kicking a ball and riding a scooter board. Ravi enjoys participating in group activities and welcomes a challenge. This year in ASAPP Ravi has worked extremely hard to improve his cardiorespiratory endurance and his hard work has paid off. Ravi has also been working to improve his core strength and one activity he can do at home to continue improving his core strength are planks. One program Ravi may enjoy is the AYSO soccer league in Long Beach.
Tommy

Tommy is an intelligent self-motivated student who has distinguished himself as one of the kindest and most creative students in the class. He loves Pokemon and has improved immensely on his upper body strength. Since he will be moving on from ASAPP, I recommend a fun and nurturing program called Ability First that would keep him motivated for years to come. I enjoyed working with Tommy and look forward to hearing great things in his future!

Siahsha

Siahsha is a very active and fun 7 year old girl. She loves to hop and jump around the room with a huge smile on her face. She is highly gifted in all of her motor skills, and can complete tasks with very little guidance. Siahsha loves to play hopscotch and is currently working on how to jump rope. She would benefit from learning other playground skills such as basketball and soccer so that she can play with fellow peers at school. Siahsha could learn these skills by joining a summer camp such as the AYSO soccer camp located in Hawthorne, or Long Beach State's Camp nugget. Siahsha was a pleasure to work with this semester!
Liam

Liam is a very smart and funny 9 year old boy. He loves to watch hockey and has been taking skating lessons for some months now. In ASAPP we have been working on various sports skills, focusing on hockey and soccer. This semester his ball control has really improved; he has gotten especially good at dribbling in and out of cones – in both soccer and hockey! After improving his soccer knowledge and skills in ASAPP I think that Liam would enjoy playing on a team, check out his local AYSO program, they also offer a VIP AYSO program for players with special needs.

Naomi

Naomi is a very sweet 9 year old who always comes into ASAPP with a big smile. She has enjoyed improving her balance and endurance through fun and engaging activities like sit-ups, calf raises, walking on a balance beam, and a daily endurance walk. She would benefit from continued activities such as horseback riding that would allow her to work on her balance in a very unique and engaging way.
**Alexi**

Alexei is an 8-year-old boy who I have had the pleasure of working with for 2 semesters now. He has shown tremendous improvement from last semester and actively participates and enjoys all of the creative lessons! He loves jumping on the trampoline and riding on the scooter board. He excels at retrieval activities and is an excellent jumper. I have never heard someone say, "Wow!" with so much enthusiasm and joy. We have been working on improving his core strength and a fun, easy activity he can do to continue to work on core strength at home are bear walks. I recommend Alexei to join Big Fun. It is the ultimate playground for special needs individuals of all ages. Alexei has been a joy to work with and I am excited to see him continue to grow and improve.

**Kaelin & Alexei**

**Natalia**

Natalia Bateman is an energetic 8 year old girl that always come into ASAPP with a smile on her face and ready to work. She loves to skip, run, and interact with her peers. She has learned and performed many basketball skills excellently that can be transfer to playing basketball (i.e. dribbling, passing, shoot). Thus, she would benefit from joining a local Special Olympics’ basketball team where she can utilize her basketball skills and work with her peers. The Southern California Special Olympics’ provides contact information for basketball teams nearby; as well as other sports.

**Van & Natalia**
Ty

Ty Weaver is a wonderful 11 year old boy who comes to ASAPP each day with a big smile on his face and a great attitude. This semester Ty has worked on walking in all directions, (forwards, backwards, and laterally), and he is attempting to increase his walking distance each class (tracks with a pedometer). Ty has been working on object control skills such as: underhand roll, stationary dribbling (basketball), and using a bowling ramp independently. Ty is motivated with baseball. He loves baseball cards and watching baseball clips on an iPad. He also enjoys music, watching his peers in class, and being around others in general. Ty would benefit from participating in the challenger baseball league or entering in a bowling league, or bowling for leisure.

Julian & Shane

Julian

Julian is an energetic 8-year-old boy who absolutely enjoys any type of physical activity. He shows up to ASAPP with a big smile every day and has a passion for basketball and chase games. That is why I would recommend Julian going to a basketball camp. Julian is a pleasure to work with as he displays a positive attitude throughout the entire day, which is why I truly look forward to our time together each week. Thanks for being a rad dude, Julian!
Caleb

Caleb is a shy, eleven year old boy that always comes to ASAPP with a big smile on his face. Caleb is fun to teach and always has a positive attitude. Caleb is motivated by a high energy level from his teacher or environment, by activities that keep him moving, and by positive verbal feedback from his teacher and peers. Caleb also loves high-fives! Caleb enjoys all types of sports. His favorite activity is to play catch and throw with a football. Caleb would benefit from attending the Long Beach Futsal, Indoor Soccer Clinic. This clinic is designed for children with Autism where they can meet new friends and learn basic soccer skills, all while having lots of fun!

Buddy Club is an after school, social skills and community integration program for children between the ages of 4-13 years. http://www.pediatrictherapynetwork.org/programs/buddyclub.cfm

BIG FUN offers families occupational therapy services, gymnastics, swimming, after-school enrichment programs, social skills, camps, art classes, parent and me, activities for children with autism, social skills training for autism and more. http://www.bigfungymnastics.com/

Here’s a great website for fun, exciting activities in Orange County such as horseback riding, summer camps, and gymnastics. http://www.orangecountykidsactivities.com/special-needs/

The Southern California Special Olympics’ website, http://www.sosc.org, provides contact information for sports.

Long Beach Futsal, Indoor Soccer Clinic is designed for children with Autism where they can meet new friends and learn basic soccer skills, all while having lots of fun! http://www.meetup.com/Autism-in-Long-Beach/events/104399002/


Websites

AYSO soccer program http://www.ayso177.org/special.html. Once you’re on the site, look up the V.I.P (very important player) program.

Ability First serves special needs children and adults http://www.abilityfirst.org/index.aspx

Camp escapades is a two-week summer day camp for children with special needs. http://www.pediatrictherapynetwork.org/campescapades/index.cfm


The Southern California Special Olympics’ website: http://www.sosc.org

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