Website: Beach Board

- www.csulb.edu/ASAPP
- http://www.csulb.edu/campnugget
- www.csulb.edu/APE

Article:

ASAPP Philosophy

- Built on the strong conviction that positive physical activity experiences are important & beneficial for all children
- Children with disabilities need to be afforded the same opportunities as all children to enjoy & successfully participate in physical activity
- Physical activity is for everyone! Inclusion not exclusion
Assist Children with Disabilities to Develop a Positive Attitude, & Lifetime Interests Toward Physical Activity
Program Overview

Children with special needs 6 to 12 years of age, receive individualized & group instruction from university students enrolled in the APE Specialist Credential teaching option.
Program History

- A long rich tradition - one of the oldest university practicum experiences in the country
- First called the Sensorimotor Development Institute in 1969-70 & started by Dan Arnheim, a pioneer in the APE profession
- In the late 1960s, Arnheim, started one of the first APE preservice programs in the US, with the vision to develop an on-campus practicum experience that included children with disabilities
Tradition Continues

- Dr. Andy Sinclair continued strong tradition of APE program with on-campus practicum experience into the 1970 & 80s

- In the 1980s, Dr. Fred Rodriquez & Dr. Peggy Lasko continued to Direct the CSULB APE Specialist program & the programs named the Perceptual Motor Development Clinic (PMDC)

- Since 1988, Dr. Barry Lavay has been the Director of the APE Specialist program & ASAPP

By Barry Lavay, CSULB APE Program
In 2008, the name of the program was updated from PMDC to the After School Adapted Physical-activity Program ASAPP
Major Benefits

- **Practical experiences** for university students studying APE

- **Quality instruction** to children with various disabilities

- **Community service** & excellent university public relations tool
Program Schedule

60 mins twice a week

- Program plan & equipment set-up
- Individualized instruction (IEP)
- Group activities (thematic lessons)
- Relaxation & closure
- Parent discussion
- Reflection: teaching feedback
Program Planning

By Barry Lavay, CSULB APE Program
Preservice Training
Assignments

- Motor IEP
- Assessment report
- Unit & Lesson plans
- Teaching analysis
- Behavior management
- plan
- Communicate assigned child’s parents

By Barry Lavay, CSULB APE Program
Systematic Quality Instruction

- **Prescriptive Teaching:**
  plan - test - assess - prescribe – evaluate

- **Behavior Management Plan:**
  proactive – positive

- **Lesson Plan**
  CSULB PETE format

- **ETA:** examine the performer - task - environment

- **Prompting/Cues:** least amount of intervention

- **Task analysis & modifications**
  of functional skills

By Barry Lavay, CSULB APE Program
Quality Instructions Unique Needs
Skills, Fitness, Sport

By Barry Lavay, CSULB APE Program
Program Instruction

- **Fall & spring semester for 10 weeks** - two 60 minute sessions a week
- **Curricular teaching in the physical, cognitive & affective domain includes:**
  - body awareness, balance, fundamental motor skills, physical fitness, rhythms, cooperative games & sport, & relaxation activities
Positive Behavior Support
Learning Appropriate Social Skills

Red Light, Green Light

Rules
- Always follow directions
- Be a good listener (with our eyes and our ears)
- Cooperate with others
- Do your best

What are we working for today?

Today was a...
- Green Light day
  - Participated with 1 or less timeouts
- Yellow Light day
  - Participated with 2 or more timeouts
- Red Light day
  - Did not participate

By Barry Lavay, CSULB APE Program
Administered Informal & Standardized Tests

Determine program qualification & planning:

Standardized Tests

- **TGMD-2** (Ulrich, 2000)
- Brockport Physical Fitness Test (Winnick & Short, 1999)
Fun Creative Activities that Promote Movement
FUNDAMENTAL LOCOMOTOR AND OBJECT CONTROL SKILLS
Teach the Quality or Movement Process

By Barry Lavay, CSULB APE Program
HEALTH RELATED FITNESS
Physical Fitness is Important for Everyone!

By Barry Lavay, CSULB APE Program
LEAD UP GAMES & SPORT
Creative Inexpensive
Meet Individual & Unique Needs
Teaching Fundamental Sport Skills for Inclusion

By Barry Lavay, CSULB APE Program
COOPERATIVE GAMES
Learning Appropriate Social Skills
Everyone Participates
Inclusion not Exclusion
RELAXATION ACTIVITIES
CHILD PROGRESS DISCUSSION WITH PARENTS
STUDENT TEACHING FEEDBACK
More Program Information
Website & Article

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