



## After School Adapted Physical Activity

By Megan Watanabe

### After School Adapted Physical Activity Program

ASAPP has concluded another great year! Program director Dr. Barry Lavay and the CSULB students use ASAPP as their practical experience in Adapted Physical Education (APE). ASAPP meets twice a week on Tuesday and Thursdays from 3:45-4:45pm. During the 60 minutes, the students work on individual lessons for 30 minutes with a CSULB APE student and another 30 minutes with their peers in a group lesson. Individual goals and lessons all differ based from the assessment, TGMD-2. The ASAPP students are tested with this assessment in the

beginning of the semester and again at the end. The CSULB students use these results to create fun and creative ways to improve the student's gross motor skills. During their time in ASAPP, students may work on one or many of the following: locomotor and object control skill, fitness, social interactions, cooperative games, lead-up games, sports, and relaxation activities.

Once again, thank you for allowing us the opportunity to teach your child. We hope it has been as positive an experience for your child as it has been for us. We hope you and your child will remain active over the summer between ASAPP sessions. We are looking forward to seeing next year have a great summer and stay active!

## Summer Camp

### Camp Nugget

If you are interested in continuing an active lifestyle during the summer, check out Camp Nugget! Camp begins on June 20<sup>th</sup> and ends on July 15<sup>th</sup> Monday through Friday from 9am-12pm. The program is directed by Dr. Barry Lavay and CSULB students who have been trained (or in training) in Adapted Physical Education. Camp emphasizes cooperative games, fundamental motor skills, fitness, swimming social skills, and health related fitness. Space is limited, so please request for a registration form if you are interested or go to the website at [www.csulb.edu/campnugget](http://www.csulb.edu/campnugget)



## Daniel

By, John

### Daniel

Daniel Contreras is very friendly, loves to say hello, and good-bye to everyone, and addresses people by their names. Daniel likes to play with others, walk heavy like an elephant, and toss the big Frisbee. Daniels favorite activity is throwing a playground ball high into the air outdoors beside the big tree, and then trying to catch it. Daniel is a real pleasure to have in class.

*Daniel Contreras es muy amigable, le gusta decir hola y adiós a todo el mundo, y las direcciones de las personas por sus nombres. Daniel le gusta jugar con*



*los demás, caminar pesado como un elefante, y la sacudida del gran disco volador. Daniels actividad favorita es lanzar una pelota muy alto en el aire en el exterior junto al gran árbol, y luego tratar de atraparlo. Daniel es un verdadero placer tenerlo en clase.*

## Jack

By JED

### Jack

Jack is a 6-year old energetic boy. Jack always comes to ASAPP with a positive attitude and excited to participate in physical activity. Jack loves to run and has demonstrated amazing cardiovascular endurance while running in the gymnasium. Jack is currently playing Little League baseball for the Padres. Jack has made improvement this spring semester in his throwing, catching, and hitting.



## Ty

By, Noelle

### Ty

Ty is a great 9-year-old boy who looks forward to ASAPP every week. He loves everything about baseball and has quite the baseball card collection. He has been working on a variety of walking skills, including strength building and walking in a straight line. He is always working hard to meet and go beyond his goals, one being to complete 10 sit-ups. Ty always has great attitude and is a joy to work with each week!



## Julian

By, Alan

### Julian

Julian is a bright six year old boy who loves to be active. His smile and enthusiasm always seems to light up the room. I have enjoyed working with Julian this semester and have built a wonderful friendship with him. Julian's favorite two activities are handball and basketball. I will often use basketball as a reward for him if he stays on task during our lesson. Fortunately Julian is very well behaved and not staying on task is a rare occurrence.



## Chris and Karl

By Ryan and Josh

### Chris

Chris is an outgoing and enthusiastic boy who always puts a smile on your face. I have had the pleasure of working with Chris during the Spring 2011 semester. During our time in ASAPP, Chris has improved his basketball, Soccer, and throwing skills. Chris has made tremendous strides in his physical activity level, as well as in his social interactions with other students.

### Karl

Karl comes to ASAPP everyday with a smile and ready for physical activity. He loves learning his muscles and food groups of the week. Karl has improved tremendously in many areas, including throwing and catching. He likes to perform all locomotor skills and is a pleasure to teach.



## Ibrahim and James

By, Lee and Patrick

### Ibrahim

Ibrahim is an enthusiastic 12-year-old boy who loves to play soccer and basketball. This semester in ASAPP Ibrahim has been inducted into the Long Beach Globetrotters due to his improvements in dribbling, passing, and shooting in both soccer and basketball! If you are walking through the halls, be sure to watch out for Ibrahim streaking through the legs and behind the back as he practices his trick dribbling! Ibrahim always has a smile on his face and loves to come and exercise at the After School Adapted Physical activity Program.

### James

One of the many pleasures of working with students is getting to know each individual in a one on one setting. James is a very endearing child about to embark on his teenage years. James is smart, kind, caring and has a great sense of humor. James offers help to others whenever possible and he is an avid learner and soccer player. In observing James at ASAPP I see an inspiration, a leader, and a friend. I think an area James could work on that would benefit him greatly in the future is social interaction with peers.



*"Don't let what you cannot do  
interfere with what you can do."*

*-John Wooden*

## Alexandria and Liam

By, Eric and Julie

### Alexandria

Throughout this semester I have had the joy to get to know Alexandria and the skills she possesses physically and socially. Alexandria is an enthusiastic thirteen year old student. She comes to ASAPP every day with some new stories to tell me. She loves to participate in several different activities and loves to dance as well.

### Liam

Liam Maye is an enthusiastic, intelligent young boy who is driven by success. He is always positive and ready to participate in ASAPP every week. He has improved tremendously throughout ASAPP in his object control and locomotor skills. To continue his development Liam could join the challenger sports league.



## Websites

**Helpful Websites:** parents please check out the many great website to promote physical activity and a healthy lifestyle for your child

- A great website for the latest in Autism research and fundraising (LA Autism Walk April 23) events is the *Autism Speaks* site located at <http://www.autismspeaks.org/> This site can be formatted into Spanish with a simple mouse click of the *En Espanol* tab at the bottom of the site. Una gran página web para la última en la investigación del autismo y de recaudación de fondos (LA Autismo Paseo 23 de abril) los eventos es el sitio de Autism Speaks ubicado en <http://www.autismspeaks.org/> Este sitio se puede dar formato al español con un simple clic del ratón de la ficha En Español en la parte inferior del sitio.
- To learn more about Plaza Little League Challenger Baseball visit [www.plazalittleleague.org](http://www.plazalittleleague.org).
- Strategies for Inclusion include
  - [www.projectparticipate.org/inclusion.asp](http://www.projectparticipate.org/inclusion.asp).
  - [www.specialolympics.org](http://www.specialolympics.org)
- To learn more about adapted surfing go <http://www.surf2live.com/specialneeds.html>.

- An awesome website for adaptive recreational activities is UCLA Recreation, Adaptive Programs. ([recreation.ucla.edu](http://recreation.ucla.edu)) The activities include rock climbing, adaptive swimming, wheelchair basketball, hand cycling and more!
- <http://www.autismyouthsportsleague.org/> offers year round sports for children ages 4-18 on the Autism Spectrum. The children are able to participate in traditional team sports and the programs are designed for each skill level. They provide a stress free environment while also offering the parents an outlet for networking. The program is located in San Dimas, California and you can contact them at [aleaguesports@yahoo.com](mailto:aleaguesports@yahoo.com)
- AYSO.org has some good sources to get involved in VIP Soccer in the area.
- The following sites can assist students in continued growth and development of social skills: <http://www.socialskillbuilder.com> and [www.wingsforkids.org](http://www.wingsforkids.org)
- The sites below offer insight and opportunity for student involvement in team games and sports programs available for students aged 6-17 in Southern California. <http://parentingasdkids.com/kicking-autism-with-sunday-soccer/> and <http://www.bigfungymnastics.com/programs.html>
- The following are some sites that can help students develop physically and socially:
- <http://www.ccoe.net/social/SAdirectory.htm>
- <http://social-skills-games.com/>

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*We're on the Web!*

*Visit us at:*

<http://www.csulb.edu/colleges/chhs/departments/kin/community/ASAPP.htm>

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