

ANSWERS TO FAQs ABOUT APE

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March 6, 2025



NAVIGATING ADAPTED PHYSICAL EDUCATION (APE)

Answers to the Most Frequently Asked Questions

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NAVIGATING ADAPTED PHYSICAL EDUCATION (APE) CONTINUED

Answers to the Most Frequently Asked
Questions

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TODAY WE WILL...

Review the requirements of physical education for students with disabilities under IDEA

Review the Office for Exceptional Children's guidance for Adapted Physical Education

Answer frequently asked questions about Adapted Physical Education



THE STATED PURPOSE OF IDEA IS TO ENSURE...

All children with disabilities have available to them a free appropriate public education that emphasizes special education and related services designed to meet their unique needs and prepare them for further education, employment, and independent living

The rights of children with disabilities and parents of such children are protected

Educators and parents have the necessary tools to improve educational results for children with disabilities by supporting system improvement activities; coordinated research and personnel preparation; coordinated technical assistance, dissemination, and support; and technology development and media services

FAPE

FAPE means special education and related services that are:

1. Provided at public expense
2. Meet the state standards for education
3. Include an appropriate education in a public school in the state
4. Are provided in conformity with an individualized education program (IEP)



PHYSICAL EDUCATION DEFINED

- Included in the definition of special education- specially designed instruction
- The development of physical and motor fitness;
- Fundamental motor skills and patterns; and
- Skills in aquatics, dance, individual and group games and sports, including intramural and lifetime sports

WHICH STATEMENT IS TRUE?

- A. Schools must make physical education available to all students.
- B. Schools are not required to provide physical education to students who cannot participate due to mental or physical impairments.

PHYSICAL EDUCATION

- Must be made available to every student with a disability
- If necessary, must be specially designed
- Must have the opportunity to participate with nondisabled students unless the student needs specially designed physical education as prescribed in the IEP



SPECIALLY DESIGNED INSTRUCTION

Means adapting to the needs of the student, the content, methodology or delivery of instruction to address the unique needs of the student that result from the disability.

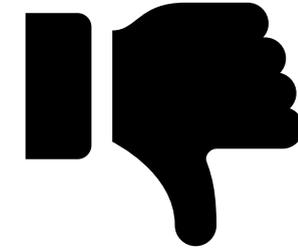


ADAPTED PHYSICAL EDUCATION (APE)

Direct or specially designed instruction to adjust physical and motor fitness, fundamental motor skills, aquatics and dance skills, and individual or group games or sports (including intramural and lifetime sports) to meet the unique needs of individuals



ADAPTED PHYSICAL EDUCATION MYTHS



- APE is a related service.
- All students with disabilities must have APE.
- APE must be provided to students individually or in a small group in which all students are receiving APE.
- Students who receive APE cannot participate in regular physical education.

APE TEACHER-DIRECT SERVICE PROVIDER

The APE teacher is a direct **service** provider, not a **related service** provider, because special **education** is a federally mandated component of special **education services**. (U.S.C.A. 1402[25]).

GUIDANCE FROM THE OFFICE FOR EXCEPTIONAL CHILDREN (OEC)

“Physical education, specially designed, if necessary, must be made available to every child with a disability receiving FAPE. Each child with a disability must be afforded the opportunity to participate in the regular physical education program available to nondisabled children.”

OAC 3301-51-02(I)(Physical education)



GUIDANCE 1

APE is specially designed instruction

APE is not a related service

APE instructor is a direct service provider

P.E. is federally mandated

GUIDANCE 2

- Only an adapted physical education teacher may provide adapted physical education
- But a regular P.E. teacher may adapt the program to meet the needs of the student.



GUIDANCE 3

- Consultation with APE Instructor



GUIDANCE 4

- Consultation with Other Team Members



IEP TEAM DECISION



ASSESSMENT TOOL

Summary of Evaluation Tools

<https://www.pecentral.org/adapted/adaptedinstruments.html>



RESOURCE

Check out this fantastic webinar by Abbey Weaver, itinerant teacher of the deaf and hard of hearing, "Ask Abbey: Let's Play Together: Gym and Sports at School."

<https://deafandblindoutreach.org/m/967>

FREQUENTLY ASKED QUESTION 1

Student met P.E. Requirement

If a high school student who has been receiving Adapted Physical Education (APE) has met their physical education (P.E.) requirements, do we still legally need to offer APE services if it is on the student's IEP?

ANSWER TO P.E. REQUIREMENT QUESTION

If the student has met the P.E. requirement and does not wish to take P.E. as an elective, then the District is not obligated to provide APE **unless** the IEP team determines that the student has unique needs requiring P.E.

[OSEP Policy Letter, 21-01 May 2021](#)



FREQUENTLY ASKED QUESTION 2

Requirement for APE Certified Instructor

Does a physical education teacher have to be a certified adapted physical education (APE) instructor to provide adapted physical education?

ANSWER TO APE CERTIFICATION QUESTION

If adapted physical education (APE) is written on the student's IEP, then an APE certified instructor must be the service provider.

FREQUENTLY ASKED QUESTION 3

APE Class question

If a student has APE on their IEP, does that mean they need to attend the APE small group class at a different time than general PE?

ANSWER TO APE CLASS QUESTION

If adapted physical education (APE) is written on the student's IEP, then an APE certified instructor must be the service provider. However, this does not need to occur in a small group of all students receiving APE.

Like other LRE placements, APE for students with disabilities should be provided to the maximum extent appropriate with nondisabled peers.

FREQUENTLY ASKED QUESTION 4

APE for all IEPs

If a student has an IEP, must they have APE services?

WHAT DO YOU THINK?

A. All students must be offered P.E. but the IEP Team decides if a student requires APE.

B. All students with IEPs must have APE services on their IEPs.

ANSWER TO APE FOR ALL IEPS QUESTION

The IEP team decides if a student requires adapted physical education. The student must be offered physical education the same as it is offered to nondisabled peers.

The IEP team determines what the services will look like for each student based on individualized student need.

FREQUENTLY ASKED QUESTION 5

No APE Instructor

What if a student who has APE on their IEP transfers to a school district that does not have an APE instructor?

ANSWER TO NO APE INSTRUCTOR QUESTION

If specially designed physical education is prescribed in a child's IEP, the school district responsible for the education of that child must provide the services directly or arrange for those services to be provided through other public or private programs.

[OSEP Policy Letter 21-01, May 12, 2021](#)

FREQUENTLY ASKED QUESTION 6

PT substituting for APE

Can APE be changed to physical therapy on an IEP?

WHAT DO YOU THINK? CONTINUED

- A. Yes, if there is no APE teacher available, PT would be a good substitute for APE.
- B. No. PT is a related service, and the IEP Team must follow the procedures for adding a related service if it thinks the student needs PT.

ANSWER TO CHANGING APE TO PT QUESTION

No. PT is a related service. The IEP team must follow the procedures for adding a related service if it believes the student needs PT.

[OSEP Policy Letter 21-01, May 12, 2021](#)

FREQUENTLY ASKED QUESTION 7

What if P.E. or APE is “skipped?”

What is the requirement if the physical education or adapted physical education teacher needs to skip a session?

ANSWER TO P.E. OR APE BEING “SKIPPED”

APE, like any other special designed instruction (SDI), must be delivered according to section 7 of the IEP.

The IEP team decides the amount of time and the frequency.

Advice: All SDI be logged in writing as a documented record.

FREQUENTLY ASKED QUESTION 8

Parent Refusal

How should a school proceed if a parent disagrees with the IEP team's decision that the child can participate in mainstream general physical education?

ANSWER TO PARENT REFUSAL

- Written parent consent is required to implement an initial IEP.
- Written parent consent is not required to implement an annual review IEP.
- The disagreement must be documented in a Prior Written Notice.
- The parent has a right to request an IEP meeting at any time to amend the IEP.

FREQUENTLY ASKED QUESTION 9

Benchmark Assessments

The guideline states that a score of zero should only be assigned if a student refuses to complete the assessment. However, how should we proceed if a student makes an attempt but is unable to complete the task? In such cases, is it appropriate to assign a score of one?

WHAT DO YOU THINK? CONTINUED 2

A. Putting a 1 is acceptable because the student is not refusing but is just limited (or very limited).

B. Put a 0 if they cannot do it.

ANSWER TO BENCHMARK ASSESSMENTS

- Putting a 1 is acceptable because the student is not refusing but is just limited (or very limited).
- If the student is capable, but refuses, the score would be a 0.

FREQUENTLY ASKED QUESTION 10

Classroom Aides

If the special education class has aides, must an aide come to the students' P.E. class with them? If so, what does the physical education teacher do if the aide just drops the student off and leaves? Who do I talk to?

ANSWER TO CLASSROOM AIDES

- This is an IEP Team decision.
- Discuss and clarify the role of aides in the IEP Team meeting.
- Document this in the Support for School Personnel section of the IEP.
- If it is not in the IEP, convene the IEP team or use the amendment process.

FREQUENTLY ASKED QUESTION 11

APE Grants/Budget

In my P.E. budget, the amount they give is for APE and P.E. Can I ask for an APE budget too? Are there any grants out there for APE to get suitable equipment? Could you do a meetup about grant writing?

ANSWER TO BUDGET/GRANTS

- Communicate with the building principal about the need for APE equipment.
- Funds from the district 516 allocations may be budgeted for APE equipment.

FREQUENTLY ASKED QUESTION 12

Field Day

How can I better include my Adapted Physical Education (APE) students in Field Day activities? Would it be more beneficial to integrate them into the main event or organize a separate Field Day specifically for them?

ANSWER TO FIELD DAY

- Students with disabilities must be afforded an equal opportunity for participation in nonacademic and extracurricular activities.
- They must be included with their non-disabled peers to the maximum extent appropriate.
- Be creative about creating inclusive games where everyone can participate.

FREQUENTLY ASKED QUESTION 13

Differing Needs

Any advice for an APE class that has extremely different needs across the class? How to lesson plan for that?

ANSWER TO DIFFERING NEEDS

- Once again, think about adapting the equipment and the environment for all the needs of each student.
- Also, this could be an opportunity to think about scheduling:
Could this group be broken up and some students participate with their non-disabled peers during their general grade-level P.E. class?

QUESTIONS?

- Contact Us
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THANK YOU

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