

IDEA, Special Education and Adapted Physical Education

Special education means specially designed instruction, at no cost to parents, to meet the unique needs of a child with a disability, including - instruction conducted in the classroom, in the home, in hospitals and institutions, and in other settings; and instruction in physical education.

IDEA (2004) requires that students with disabilities receive physical education. If a student has a disability and an IEP, the school must provide physical education as part of the child's special education program. Many children benefit from adapted physical education. Presently physical education is a required part of special education; a child's physical education teacher should be included as a member of the IEP team.

Physical Education is defined in IDEA as the development of:

- Physical and motor skills
- Fundamental motor skills and patterns
- Skills in aquatics, dance, and individual and group games and sports (including intramural and lifetime sports).

Physical Education Requirement in IDEA

A State must ensure that public agencies in the State comply with the following:

- (a) General. Physical education services, specially designed if necessary, must be made available to every child with a disability receiving Free and Appropriate Public Education (FAPE), unless the public agency enrolls children without disabilities and does not provide physical education to children without disabilities in the same grades.
- (b) General physical education. Each child with a disability must be afforded the opportunity to participate in the general physical education program available to nondisabled children unless: (1) The child is enrolled full time in a separate facility; or (2) The child needs specially designed physical education, as prescribed in the child's IEP.
- (c) Special (adapted) physical education. If specially designed physical education is prescribed in a child's IEP, the public agency responsible for the education of that child must provide the services directly or make arrangements for those services to be provided through other public or private programs.
- (d) Education in separate facilities. The public agency responsible for the education of a child with a disability who is enrolled in a separate facility must ensure that the child receives appropriate physical education services in compliance with this section.

Reference

Individuals with Disabilities Education Improvement Act of 2004. Retrieved from <http://www2.ed.gov/legislation/FedRegister/finrule/2006-3/081406a.pdf>