

December 6, 2013

Christina Luntzer
117 Ironbound Road
Williamsburg, VA 23188
Fax (757) 259-3726

Dr. [REDACTED]:

Please review and change if applicable the attached sheet and return to [REDACTED] at [REDACTED] in care of [REDACTED] your patient with Legg-Calve-Perthes disease. [REDACTED]'s school team of providers would appreciate further guidance towards school activities in order to clarify "no PE and recess until further notice", we would love for him to be included as much as possible.

Thanks,

Christina Luntzer, M.Ed., CAPE
Adapted Physical Education Specialist for WJCC Public Schools

Doctor's signature _____

Physical Education (3rd grade PE curriculum)

Can Do	Cannot Do	Modified Equipment	Modified Activity
Fitness Stations	Running, Jumping Curl ups, Regular push ups	None	Walk, Modified Push Ups, Stretching (Standing and seated), Wall Push ups, modified push ups
Non locomotor skills		None	
Fitness Games Cooperative Skills	Running, dodging, etc.	Hand cycle	Walk around game boundaries, sit at sideline and operate hand cycle
	Relays	Hand cycle	Walk around relay boundaries, sit at sideline and operate hand cycle
Pedometers			Walk only
Basic Dance Patterns	No stomping, jumping		
Throwing and catching	No running patterns		
		Hand cycle	Walk around sided game boundaries, sit at sideline and operate hand cycle
Gymnastics Log roll, pencil roll, stretching (pike, tuck, and straddle),	Egg roll, forward roll, no jumping on mini trampoline, no balance beam	Floor lines	Work on balancing on lines on the floor, so there is no impact to ground when you lose your balance
Striking skills (tee ball strike, golf swing, hand or paddle to tennis ball)	Striking (no kicking or punting)		Stationary skill work (seated or standing), walk
	Kicking and punting	None	Analyze peer performance from

Doctor's signature _____

			the sideline
Jump rope, long and short	No jumping		Stationary long rope turner
Track and Field (stationary Shot put)	Track and Field (running, jumping, throwing discus)		Peer analyze essential skills, stand and use upper body to model shot put form
Parachute	No running		

Recess

Can Do	Cannot Do	Modified Equipment	Modified Activity
Walk and Talk, shoot basketballs into basket from a stationary position, shadow play with his peers	Run, jumping, jump off equipment, pretending to kick peers		

Walk a thon

Can casual- moderately walk around the school with his peers to accumulate as many laps as he can endure

3rd grade School Play

No running, jumping, squatting, he can hold the basket a

Classroom

Stand have students dance around him.

Replace his sensory stability ball seat with a stability disc for his chair.

School

He will be able to walk up the school stairs, however he should be able to use the elevator when he goes down the stairs.

Leaving the front of the school, he should use the ramp.

Doctor's signature _____

Name: _____

Date: _____

Badminton Assessment:

Where should the shuttlecock (birdie)  contact the racket?



Face of racket



Rim of racket



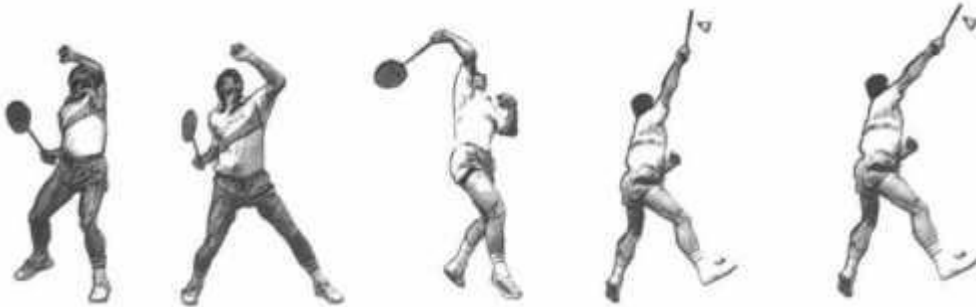
Neck of racket



Handle of racket

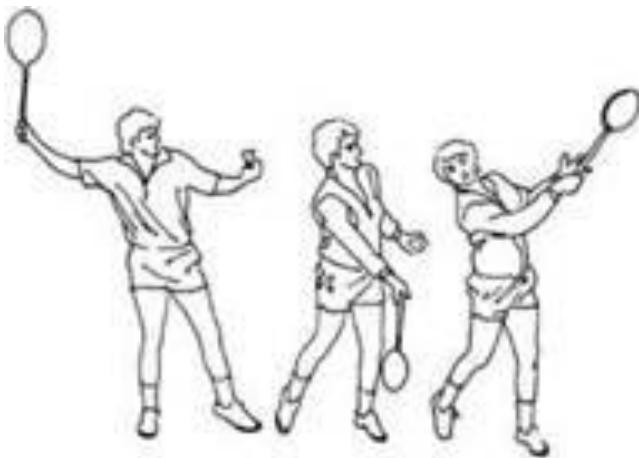
How should I serve the shuttlecock (birdie)?

A



OR

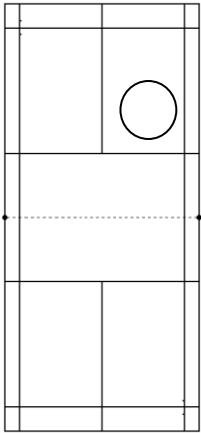
B



(over) ----->

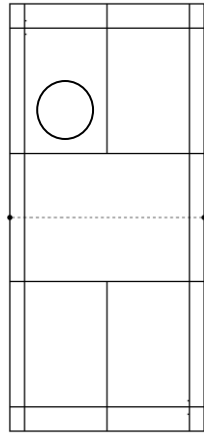
Where should a served shuttlecock from the right side land?

A



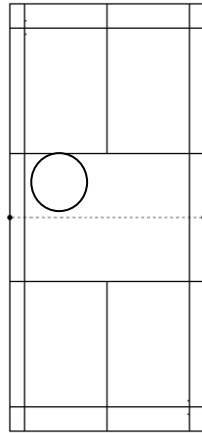
X (serve)

B



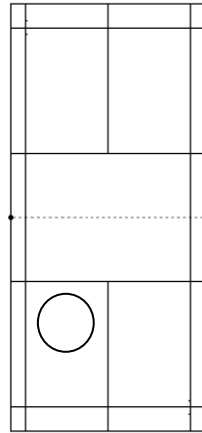
X

C



X

D



X

Any Elementary School

Adapted Physical Education Monitoring Sheet

Student: Every Student **Area of Need:** gross motor, cognitive, behavioral, distractibility, physical fitness endurance

Annual Goal: By June 2015, Every will demonstrate improved object control skills through movement exploration as it related to lifetime activities while in Adapted Physical Education with support by following these objectives:

Benchmarks/short Term objectives	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
1. Every will improve her physical fitness by engaging in movements with her age appropriate peers for a) 2 minutes, b) 3 minutes and c) 4 minutes with only taking a short fidget break and repeating the work to rest ratio for at least two sessions 4/5 trials.										
2. Every will improve her object control skills by being able to catch a small gator skin ball underhand tossed by her partner from 5 feet away from her as she models all four cues of a catch 4/5 trials.										

Codes: HOH= Hand over Hand, PP= Physical Prompts, VC= Verbal Cue, ViC.= Visual Cue D=Demonstration, I= Independent, B=Behavior impeded progress

Juggling

	Toss and Catch -one scarf (dominant-D) – same side	1		Toss and Catch -one scarf (dominant-D) – same side
	Toss and Catch -one scarf (non-dominant-ND) – same side	2		Toss and Catch -one scarf (non-dominant-ND) – same side
	Toss and Catch-one scarf (D) – catch with ND Hand	3		Toss and Catch-one scarf (D) – catch with ND Hand
	Toss and Catch-one scarf (ND) – catch with D Hand	4		Toss and Catch-one scarf (ND) – catch with D Hand
	Two Scarves - Toss, Toss – Freeze, Freeze (D first) – same side	5		Two Scarves - Toss, Toss – Freeze, Freeze (D first) – same side
	Two Scarves - Toss, Toss – Freeze, Freeze (ND first) – same side	6		Two Scarves - Toss, Toss – Freeze, Freeze (ND first) – same side
	Two Scarves - Toss, Toss – Freeze, Freeze (D first) – same side – Drop, Drop	7		Two Scarves - Toss, Toss – Freeze, Freeze (D first) – same side – Drop, Drop
	Two Scarves - Toss, Toss – Freeze, Freeze (ND first) – same side – Drop, Drop	8		Two Scarves - Toss, Toss – Freeze, Freeze (ND first) – same side – Drop, Drop
	Two Scarves - Toss, Toss – Catch, Catch (D first) – same side	9		Two Scarves - Toss, Toss – Catch, Catch (D first) – same side

	Two Scarves - Toss, Toss – Catch, Catch (ND first) – same side	10		Two Scarves - Toss, Toss – Catch, Catch (ND first) – same side
	Two Scarves - Toss, Toss – Freeze, Freeze (D first) – opposite side	11		Two Scarves - Toss, Toss – Freeze, Freeze (D first) – opposite side
	Two Scarves - Toss, Toss – Freeze, Freeze (ND first) – opposite side	12		Two Scarves - Toss, Toss – Freeze, Freeze (ND first) – opposite side
	Two Scarves - Toss, Toss – Freeze, Freeze (D first) – opposite side – Drop, Drop	13		Two Scarves - Toss, Toss – Freeze, Freeze (D first) – opposite side – Drop, Drop
	Two Scarves - Toss, Toss – Freeze, Freeze (ND first) – opposite side – Drop, Drop	14		Two Scarves - Toss, Toss – Freeze, Freeze (ND first) – opposite side – Drop, Drop
	Two Scarves - Toss, Toss – Catch, Catch (D first) – opposite side	15		Two Scarves - Toss, Toss – Catch, Catch (D first) – opposite side
	Two Scarves - Toss, Toss – Catch, Catch (ND first) – opposite side	16		Two Scarves - Toss, Toss – Catch, Catch (ND first) – opposite side
	New Sequence for Three Scarves			

Name: _____

Date: _____

Volleyball Underhand Serve Task Analysis:
Pre test complete in Blue, Post test complete in Black

What ball did I use to underhand serve?



Beachball



Volleyball Trainer



Volleyball

What net did I use when serving?



No Net, just to Partner



Floor Net

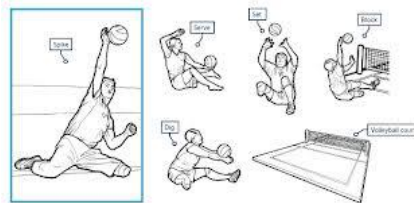


Standard Net

How did I serve?



Tethered ball on stand



From seated position



Standing

How far away from the net did I serve?

5 feet (red cone)

10 feet (yellow cone)

15 feet (green cone)



Modifications (circle all that apply):





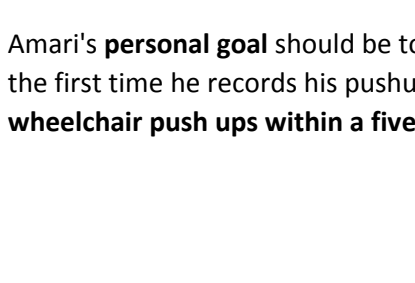


None Hand over hand Physical Prompt Demonstration Visual Prompt Verbal Prompt Refusal b/c of behavior

Need additional modifications than what is described
If so, what?

Name: _____

Date: _____

Wheelchair Push Ups

	Trial 1	Trial 2	Trial 3	Trial 4	Trial 5
 Lock wheelchair					
 Unhook your safety belt					
 Place your arms on the front part of the arm rest on both sides					
 Bend your torso slightly forward					
 Head and back are straight					
 Eyes facing forward					
 Feet flat on the foot rests					
Exhale slowly as you extend your arms and lift up your bottom					
Take a deep breath in as you lower your bottom slowly back into your chair					
Repeat					

Amari's **personal goal** should be to take his baseline push up (how many he can do from the first time he records his pushups), then gradually improve until he can complete **20 wheelchair push ups within a five minute of starting the activity.**
