



Walnut Valley Unified School District
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ADAPTED PHYSICAL EDUCATION

Professionals Sharing Information

Adapted PE Newsletter Idea:

• My name is Greg Sasaki and I teach Adapted PE in Walnut Valley Unified. We have 10 schools and service preschool through high school. I write a newsletter and send it home with my APE students. I also hand them to teachers and principals so they can know what we do out there. I have enclosed an example of an elementary newsletter.

I do this because many times in IEP meeting parents ask, "what can I do at home?" In response to this question I came up with the newsletter idea. I write down what units I will be teaching and give a few ideas to practice at home. I try to include some of the verbal cues I use during class.

• We also have a homework bag program where we provide some equipment for the students to practice with at home. We got the money for the equipment through a mini-grant. I send my bag home with one student per SDC class or school for two weekends. When it is returned I simple rotate it to another student.

Good luck, Greg

On The Ball



A Newsletter From The Adapted PE Department • Walnut Valley Unified School District

Fall Issue Vejar El. • Vejar SDC • Westhoff El. • Collegewood El. • CJ Morris El. • ASRD by Greg Sasaki

•Introduction

You can reach Mr. Sasaki at (909) 453-3350

Another year is well under way and APE is going strong. Please use the calendar below to know exactly what your child will be practicing at school. Try to practice at home what your child is working on during class. Looking forward to a great year!



September				
1	2	3	4	5
<i>First week of school – Schedule</i>				
8	9	10	11	12
<i>Scheduling / Fitness testing</i>				
15	16	17	18	29
<i>• Fitness Test</i>				
22	23	24	25	26
<i>• Body Space / Body Awareness</i>				

October				
29	30	1	2	3
<i>• 4-square & Handball</i>				
6	7	8	9	10
<i>• 4-square & Handball</i>				
13	14	15	16	17
<i>• Eye-Foot : Kick</i>				
20	21	22	23	24
<i>• Eye-Foot: Kick</i>				
27	28	29	30	31
<i>• Locomotor</i>				

November				
3	4	5	6	7
<i>• Locomotor / Balance</i>				
10	11	12	13	14
<i>• Eye Hand : Bounce</i>				
17	18	19	20	21
<i>• Eye hand : Bounce</i>				
24	25	26	27	28
<i>Holiday Games • Thanksgiving</i>				

December				
1	2	3	4	5
<i>Jump Rope: Long Rope</i>				
8	9	10	11	12
<i>Jump Rope: Short Rope / Scooter Boards</i>				
15	16	17	18	19
<i>Holiday Games • Off</i>				
22	23	24	25	26
<i>Christmas Vacation ☺</i>				
29	30	31	1	2
<i>Christmas Vacation ☺</i>				

•Homework

• **Locomotor:** Say each locomotor pattern to your child and see if they can recognize the difference. I will name the patterns from easiest to more difficult. **RUN:** The arms should move in opposition to each other with the elbows bent. The feet should hit the ground in a heel to toe motion with no slapping or flat feet. Use the verbal cue "run heel to toe," and show them if you have to. **GALLOP:** Place one foot out in front of the body and keep it out in front. Your child should be able to do this with either foot as the lead foot. **JUMP:** The arms should swing and the knees should bend before the jump. Arms should extend above the head when starting the jump and then brought back downward upon landing. Make sure the feet take off together and land together, not one foot taking off before the other. **HOP:** The child is on one foot with the other bent and held behind the body. The arms are bent at the elbows and moving up and down, aiding in the jump. **SLIDE:** This pattern is performed with feet starting together and leading with the side of the body. The feet go apart and then together, apart then together going to the side (the feet don't touch). You should be able to lead going to the right side and left side. **SKIP:** Is a step-hop rhythmical pattern of the legs. You take a step and then hop on that same foot. Then the other foot takes a step followed by a hop and so on.

• **Bounce:** I will list the bounce from simple to more advanced. Determine what your child's ability level is and practice at that level. Bounce and catch the ball one time, then do it again. Then try 2 bounces and catch. Push the ball downward with two hands. Try more and more bounces. Next try to do this with one hand pushing the ball down to bounce and then catch it with two hands. Push the ball down with the fingers, no slapping. The ball should bounce at hip level and should be controlled standing still. They have great 8 inch balls at Toys R Us. Some of the balls are Sponge Bob, Dora, Rocket Power, etc. This will help with motivation to practice, try it!

Thanks Greg

On The Ball

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Winter Issue Vejar El. • Vejar SDC • Westhoff El. • Collegewood El. • CJ Morris El. • ASRD by Greg Sasaki

• Homework Bag

You can reach Mr. Sasaki at (909) 453-3350

Happy New Year, 2004! I hope the upcoming year will be your best. Please look for the homework bag program again this year. Each APE student will have the opportunity to bring a bag home for 2 weeks. Inside the bag will be a variety of equipment such as a jump rope, playground ball, pellet filled ball, or rope ball. We encourage our students to practice at home as this will truly assist us in skill development. We don't have enough "practice time" here at school. In order to improve skill level we need some practice at home. Please utilize the homework bag and send it back on time so we all can benefit from this program. ©Mr. Sasaki



January					February				
5	6	7	8	9	2	3	4	5	6
	• Hand-Eye: strike w/rackets					• Throwing - form			
12	13	14	15	16	9	10	11	12	13
	• Hand-Eye: strike w/rackets					• Throwing - form & accuracy			
19	20	21	22	23	16	17	18	19	20
OFF	• Hand-Eye: pillo polo				OFF	• Catching - with hands, in place			
26	27	28	29	30	23	24	25	26	27
	• Hand-Eye: golf, accuracy				OFF	• Catching - side to side, fly balls			
March					April				
1	2	3	4	5	29	30	31	1	2
	• Check IEP benchmarks					• Fitness Testing / Review Locomotor			
8	9	10	11	12	5	6	7	8	9
	• Strike: baseball bats - tee's					• Fitness Testing / Review Playground Games			
15	16	17	18	19	12	13	14	15	16
	• Strike: baseball bats - tee's or pitched					Easter Break • off			
22	23	24	25	26	19	20	21	22	23
	• Balance					• Team Sports: Baseball - running bases, defense			
29	30	31	1	2	26	27	28	29	30
						• Team Sports: Baseball - game			

• Homework

• **Throw:** Determine what hand your child throws with. Some kids like to switch but we would like them to choose one side. If your child is right-handed the left side of the body will face the intended target. The throwing arm should be held down, close or touching the right leg in right-handed throwers. Next the foot opposite the throwing hand will take a step forward, the left foot in right-handed throwers. Then the ball is raised above the head as the hips and then shoulders rotate (or twist). The ball is released and the arm should continue crossing the body, (follow through). (Don't let your child stand straight facing the intended target. Standing straight facing the target prevents shoulder and hip rotation. To help improve accuracy, tell your child to keep their eye on the target.

• **Catch:** First of all we want every student to catch a tossed ball with hands only. Encourage your child to watch the tossed ball with their eyes and grab the ball with their hands. Start off close for beginners and move back as success merits. You can even bounce a larger ball, (81/2-inch ball), to make the skill easier. More difficult catching can be practiced at greater distance, tossing the ball from side to side, throwing fly balls, or catching with a glove. **Hint:** the rubber balls they sell for dogs are great for practicing catching. They have gaps so a dog's teeth can grab the ball. These gaps are perfect for little fingers to grab as well. Some of the homework bags have these types of balls in them. Now practice, practice, practice!

Thanks Greg