

**Small group/APE Class Format  
Suggestions**

<b>Class Format</b>	<ol style="list-style-type: none"><li>1. PE Visual Schedule! *Show and Discuss the plan</li><li>2. Laps (walk/run) *use cones as visual markers/boundaries</li><li>3. Meet at circle or other designated area (use poly spots, tape as visuals for each student) *especially important for 6ft distancing</li><li>4. Do a stretching/exercise routine (Consistency is <i>key</i>! Keep the same exercises for at least the 1st qtr)</li><li>5. Demonstrate skill work/equipment to the students and para pros</li><li>6. Hand out equipment and delegate how staff will support each student</li><li>7. Independent skill work (Para pros cueing, demonstrating and supporting) *allows you to walk around to spend time with each student</li><li>8. Transition to end activity a few minutes before the class is over to allow for time to put their equipment away and line up.</li></ol>
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