

ADAPTED PHYSICAL EDUCATION

DOUGLAS COUNTY SCHOOL DISTRICT

LANDING PAGE

MAY -2022

With Ms. Paulette Irving



Adapted physical education is for individuals with exceptional needs who require development or corrective instruction and who are precluded from participation in the activities of the general physical education program, modified general physical education program, or in a specially designed physical education program in a special class. Consultative services may be provided to pupils, parents, teachers, or other school personnel for the purpose of identifying supplementary aids and services of modifications necessary for successful participation in the regular physical education program or specially designed physical education programs.



Contact Information:

pirving@dcasd.k12.nv.us

Phone:

(530) 512-0667 Google will connect you.

(775) 265-5262 Inclusion Services

Introduction: Hello Douglas County School District My name is Paulette Irving Most people call me Ms. Paulette. This will be my 27th year in Adapted Physical. This year you will find me at DHS, CVMS, PWLMS, SES, GES, PHES and ZCES. Or an email away. I have a strong belief that all children can learn and grow and develop through movement exploration. In the winter I am a Certified Ski Instructor Level III Alpine and

Adapted Physical Education Standard Operating Procedures (SOP):

The APE Landing Page will link you to your APE Monthly Learning Plan and Playlist for students and staff (see below)

In the right column of the Landing Page, you will find a running list of APE students' favorite movement activities videos from 2020-21 that can be used as alternative activities for Physical Education. New videos for the month will be linked in the Learning Plan then move to the Landing Page for future access.

Elementary School Learning Plan

Middle School Learning Plan

High School Learning Plan

Exercise/

Movement Videos:

May: 2022

[Lava Balance](#)
[Among Us Chase 3D - Imposter Game](#)
[Epic Summer Dance Party](#)
[Desert Chase-Exercise Video](#)

[Home Run Battle](#)

[Space Chase](#)

[Minecraft Fitness Run](#)

[Balloon Pop -2](#)

[Kickball Frenzy](#)

April: 2022

[Easter Chase](#)

[Epic Spring Dance Party](#)

[Spring Would You](#)

[Rather](#)

[Escape into Spring](#)

[Read Across America](#)

[Fitness Run](#)

[Unicorn Chase](#)

[Encanto Rush](#)

March: 2022

[Encanto Yoga Freeze Dance](#)

[Encanto Rush](#)

[CAPTAIN AMERICA](#)

['AVENGERS' KIDS](#)

[WORKOUT](#)

Adaptive for Heavenly Mountain Resort. In the summer I love to ride my bikes in Lake Tahoe on some of the best mountain biking trails in the world. I have the honor of sharing my life with my 15 year old daughter I love and adore. We have a 1-dog, 1-cat and 2-guinea pigs to complete our family. If you have questions regarding Adapted Physical Education in Douglas County School District Please send me a message to my contact information above.

[Google Meet](#)



[Google Drive](#)



[Google Mail](#)



[Unicorn Chase](#)

[Snow Fighting level](#)

[1-2](#)

[snow fight level 3-5](#)

[Jurassic Chase](#)

February: 2022

[SKI CHASE](#)

[Valentines Day Kids](#)

[Workout](#)

[How to Do the Cupid](#)

[Shuffle](#)

[Cupid Shuffle](#)

[If You're a Kid...](#)

[\(Valentine's Day](#)

[Remix\)](#)

[VALENTINE'S DAY](#)

[WORKOUT](#)

[12 GoNoodle](#)

[Activities for](#)

[Valentine's Day!](#)

January-2022

[Winter Chase](#)

[Snow Fight Level](#)

[1-2](#)

[Snow Fight Level](#)

[3-5](#)

[Escape into](#)

[Winter](#)

December 2021

[Winter Chase](#)

[Snowball Battle](#)

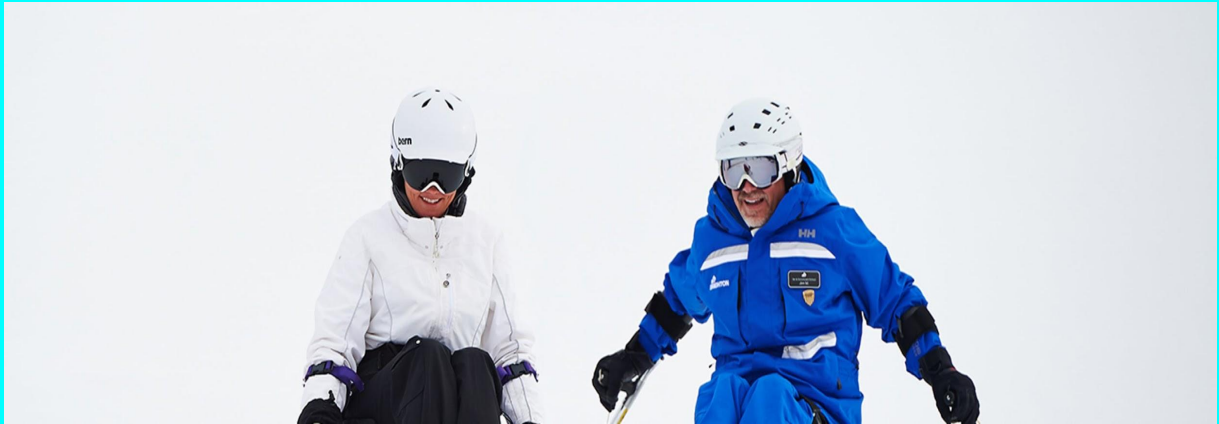
		<u>Snow Fight Level</u> <u>1-2</u> <u>Snow Fight Level</u> <u>3-5</u> <u>Escape into</u> <u>Winter</u> <u>Christmas Freeze</u> <u>Dance</u> November-2021 <u>Turkey Ninja</u> <u>Turkey Chase</u> <u>Fall Chase</u> <u>Fall Virtual</u> <u>Kickboxing</u> <u>Freeze Dance</u> <u>Just Dance</u> <u>Jurassic Chase</u> <u>Pumpkin Battle</u> October-2021 <u>Cave Chase</u> <u>Epic Star Wars</u> <u>Dance Party</u> <u>Roblox Chase:</u> <u>Among Us Edition</u> <u>Harry Potter</u> <u>Chase</u>
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		<u>Fall Virtual</u> <u>Kickboxing</u> <u>Minecraft Fitness</u> <u>Run - Escape the</u> <u>Nether Fortress</u> September-2021 <u>Space-Jam Chase</u> <u>- Basketball</u> <u>Spiderman Chase</u> <u>Superhero Run</u> <u>Minecraft Fitness</u> <u>Run - Escape the</u> <u>Nether Fortress</u> <u>Kids Workout</u> <u>Olympics</u> <u>Epic Star Wars</u> <u>Dance Party</u> August-2021 <u>Forest Chase</u> <u>Carnival Chase</u> <u>8-Minute</u> <u>Workout for</u> <u>Teens</u> <u>(Back-to-School)</u> <u>Bubble Pop</u> <u>Among Us Star</u> <u>Wars</u>
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		Sonic The Hedgehog Chase 2020-2021 School Year Minecraft Fitness Run Balloon Pop -2 Kickball Frenzy Lava Balance Among Us Chase 3D - Imposter Game Epic Summer Dance Party Desert Chase-Exercise Video Home Run Battle Space Chase Home Run Battle Space Chase Minecraft Fitness Run Balloon Pop -2 Kickball Frenzy Easter Chase Epic Spring Dance Party
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[Read Across
America Fitness
Run
Spring Would
You Rather?
Snow Fight level
1-2
Snow Fight level
3-5
100 Mile Club!](#)

Douglas County Recreational Opportunities
[Heavenly Adaptive Ski Program](#)



[Carson Valley Swim Center](#)



Carson Lanes-Bowling



Winks Silver Strikes



Douglas County Parks and Recreation Department



Adapted Physical Education



[Supporting your child's motor development](#)

[APE at Home](#)

[Basic Locomotor Skills](#)

[Whole Body Fitness](#)

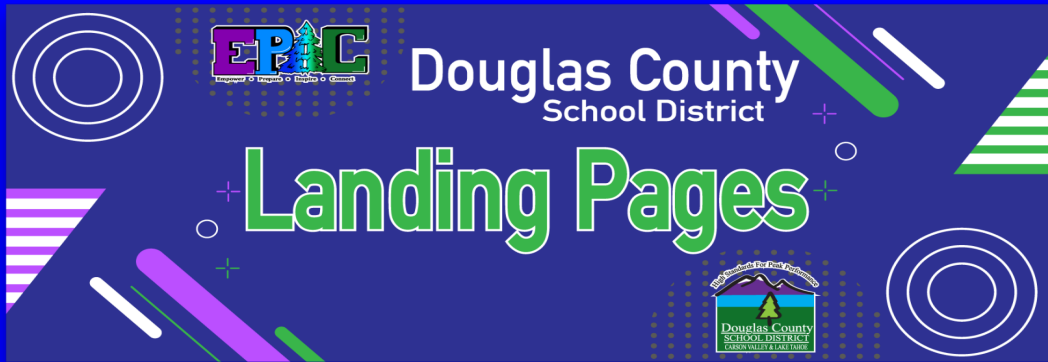
[The Basics of Movement](#)

[Active Home](#)



Positive activities for the Week (pick at least 1):

1. Take a walk in nature
2. Dance to a favorite song
3. Build a masterpiece
4. [Field Day in your backyard](#)
5. [Digital Scavenger Hunt](#)
6. [Fall Motor Game](#)
7. [Progressive Muscle Relaxation for Kids](#)



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APRIL -2022

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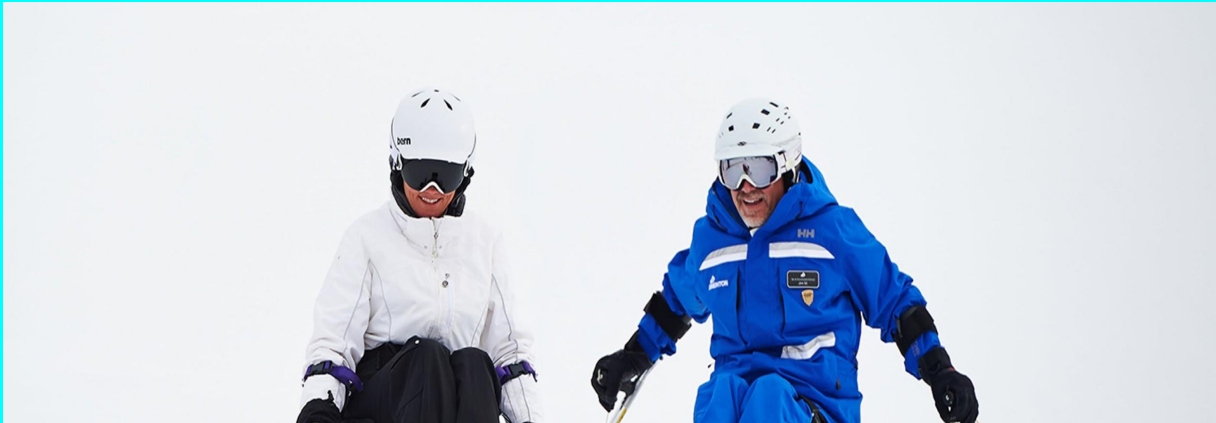
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		<u>Superhero Run</u> <u>Minecraft Fitness</u> <u>Run - Escape the</u> <u>Nether Fortress</u> <u>Kids Workout</u> <u>Olympics</u> <u>Epic Star Wars</u> <u>Dance Party</u> August-2021 <u>Forest Chase</u> <u>Carnival Chase</u> <u>8-Minute</u> <u>Workout for</u> <u>Teens</u> <u>(Back-to-School)</u> <u>Bubble Pop</u> <u>Among Us Star</u> <u>Wars</u> <u>Sonic The</u> <u>Hedgehog Chase</u> 2020-2021 School Year <u>Minecraft Fitness</u> <u>Run</u> <u>Balloon Pop -2</u> <u>Kickball Frenzy</u> <u>Lava Balance</u>
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100 Mile Club!

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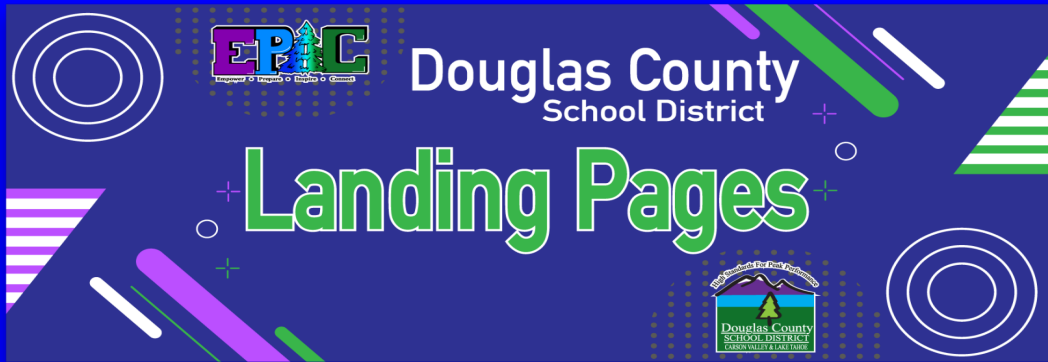
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