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# MS. Hron

Fridley DAPE

Adapted Physical Education is developmentally appropriate physical education. It is adapting, modifying, and/or changing a physical activity so it is as appropriate for the individual. With DAPE classes, teachers can modify the regular physical education curriculum, task, equipment, and/or environment so that ALL students can fully participate in physical education or provide activities to increase their motor skills.

## STUDENT EXPECTATIONS-WEEKLY TOPICS/CONCEPTS

- Meet weekly with Ms. Hron in either individual or group sessions.
- [Wednesday Elementary Group Workout 2:00-2:25pm](#)
- [Wednesday Middle/High School Group Workout 2:35-3:00pm](#)
- Google Classroom Code: q60wwyyv  
<https://classroom.google.com/c/NTM2MDIyMTk0NDda?cjc=q60wwyyv>

## OFFICE HOURS/ADDITIONAL INFO

- Use this meet link to connect: Office Hours Wednesday [1:00-2:15pm](#)
- Links to sites/resources

[illegible]