



# PUBLIC SCHOOLS OF NORTH CAROLINA

DEPARTMENT OF PUBLIC INSTRUCTION | June St. Clair Atkinson, Ed.D., *State Superintendent*

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September 1, 2010

## MEMORANDUM

To: Directors, Exceptional Children Programs  
Directors, Charter Schools

From: Mary N. Watson, Director  
Exceptional Children Division

Subject: Adapted Physical Education – Liaison

The Exceptional Children Division has identified a liaison to assist with issues regarding adapted physical education policy and implementation. Laurie Ray, who already serves as our physical therapy consultant and shares the duty of Medicaid consultant with Lauren Holahan, has accepted this role. Please join the Exceptional Children Division in welcoming Laurie into this new role and contact her if she can assist you with issues providing adapted physical education for your students.

Every student must have access to the general curriculum, including physical education. If a child with a disability cannot participate in the regular physical education program, individualized instruction in physical education designed to meet the unique needs of the child shall be provided (NC 1500-2.1).

Some students with disabilities can participate in the general physical education program with accommodations or modifications (i.e., modified physical education). These modifications can include changing rules, equipment, time limits, etc. It can also include supports such as a sign language interpreter. Adapted physical education (also called specially designed or special physical education) is instruction in physical education that is designed on an individual basis specifically to meet the needs of a child with a disability. Adapted physical education is to general physical education as special education is to general education (1500-2.34(b)).

Adapted physical education is special education, not a related service. Adapted physical education is not optional but is determined by the Individualized Education Program (IEP) Team according to individual student need. All LEAs must provide adapted physical education when needed, just as they must provide special education and related services.

If adapted physical education is determined necessary for a student, it should be documented on the IEP with one or more goals to assess the student's progress with the Physical

### EXCEPTIONAL CHILDREN DIVISION

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Education portion of the North Carolina Healthful Living Standard Course of Study. Goals in this area must be developed and monitored by someone knowledgeable about this curricular area.

Thank you for your continued dedication serving students with disabilities. If you have additional questions or comments, please contact Laurie Ray ([laurie\\_ray@med.unc.edu](mailto:laurie_ray@med.unc.edu) or 919-636-1827).

MNW/TW/pp