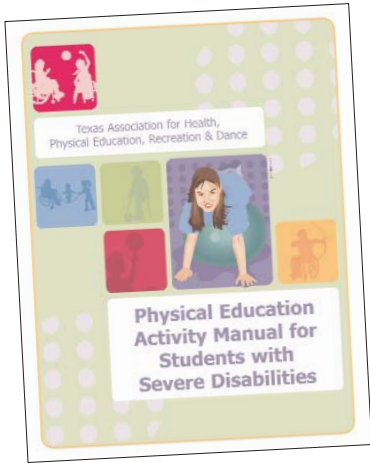


# Physical Education Activity Manual for Students with Severe Disabilities



This manual is designed to assist professionals who work with individuals who are severely or profoundly mentally retarded or multi-impaired in a motor lab setting by providing the professionals with a variety of appropriate activities. In the manual there are five sections that are based on IDEA, 2004. The sections are: (a) fundamental motor skills; (b) physical and motor fitness; (c) aquatics; (d) dance; and (e) individual and group games and sports. Each section is organized in a progressive manner from low level activities to higher level activities. Some activities may be too difficult or non-challenging for a particular student. The teacher must consider the student's ability level before selecting an activity. The name of the activity, equipment needed, description of activity, modifications specific to the activity, and activity variations are described.

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