

### Physical Education is included in the definition of Special Education



IDEA defines special education as “specially designed instruction, at no cost to parents, to meet the unique needs of a child with a disability, including (A) instruction conducted in the classroom, in the home, in hospitals and institutions, and in other settings; and (B) instruction in physical education.” IDEA section 602(29).

#### What is Adapted Physical Education?

- Adapted Physical Education is physical education which has been adapted or modified, so that it is as appropriate for the person with a disability as it is for a person without a disability.
- Adapted Physical Education may also be referred to as specially designed physical education, special physical education, or developmental physical education.

#### Additional Information:

- Physical education is not a related service
- Related services (services that may be provided to help the student benefit from special education services) such as physical therapy, occupational therapy, and recreational therapy cannot be substituted for physical education services.