

LESSON PLAN
MIDLINE AND LOCOMOTOR SKILLS
FOR STUDENTS WITH MULTIPLE HANDICAPS

By
Jerry Harris
Adapted Physical Education Teacher

POPULATION:

Middle School or High School class of students with severe, multiple-handicaps, some of whom have limited vision and/or limited mobility. Some of the students are in Adapted Physical Education and some are in Modified Physical Education.

STANDARDS:

1. PE Standard 1-- The student will be exposed to a variety of movement activities and will be competent within their maximum potential.
2. PE Standard 7-- The student will demonstrate appropriate interaction with others while participating in movement activities.

OBJECTIVES:

1. Perform various nonlocomotor movements to music, with and without a partner, with minimal physical assistance within limits of range-of-motion for disability.
2. Perform various locomotor movements to music, with and without a partner, with minimal physical assistance within limits of mobility for disability.

ASSESSMENT:

1. Move hands and arms at least 3 times with minimal assistance for 3 developmental crossing midline exercises to music.
2. Walk in and out of at least 3 hula hoops, with and without a partner, with minimal physical assistance.

KNOWLEDGE AND SKILLS:

1. To meet this objective, students will need to know how to move hands and arms together at midline, alternately at sides, and together crossing midline.
2. To meet this objective, students will need to know how to walk independently, with minimal physical assistance, or move with an assistive device such as a walker, gait trainer, or wheelchair.

INSTRUCTIONAL STRATEGIES:

1. Students will sit in a semicircle.
APE Teacher will lead exercises to music in front of the group (20 minutes). A specific sequence of exercises will be performed as has been practiced on previous days. Some exercises will be performed while holding a hula hoop. The classroom teacher and aides will assist individual students as needed. The APE Teacher will observe individual performance and give direct assistance to individual students. Exercises will include:
 - a. Clap hands 5 times in front of body;
 - b. Clap hands 5 times above head;

- c. Seesaw movement of arms at sides of body-- one arm raises up while other arm moves down, then alternate 5 times;
 - d. Hold hands together and tap one knee 5 times then the other knee 5 times;
 - e. Hold front or sides of hula hoop and move hoop above head and down 5 times;
 - f. Hold front or sides of hula hoop and move hoop from side to side 5 times;
 - g. Hold sides of hula hoop with hoop vertical and move one hand up and the other down as if turning a steering wheel.
2. Hula hoops will be placed in different locations around the classroom on the floor. One or two students will “walk” separately from one hula hoop to another stepping into then out of the hoop. Pairs of students will “walk” around the room together inside a hula hoop, with one student leading first, then the other student leads. If a student uses an assistive device such as a wheelchair, they may be outside the hoop holding it. (8 minutes)
 3. Closing activity of ambulatory students and students using wheelchairs going to other students and giving “high 5’s” across midline to each other. (2 minutes)

RESOURCES:

CD or audiotape of age-appropriate music, such as “Aerobics USA”; CD/Tape player; one hula hoop (including yellow hoops that make a sound) for each student and for APE Teacher; modified chairs, walkers, etc. as needed.