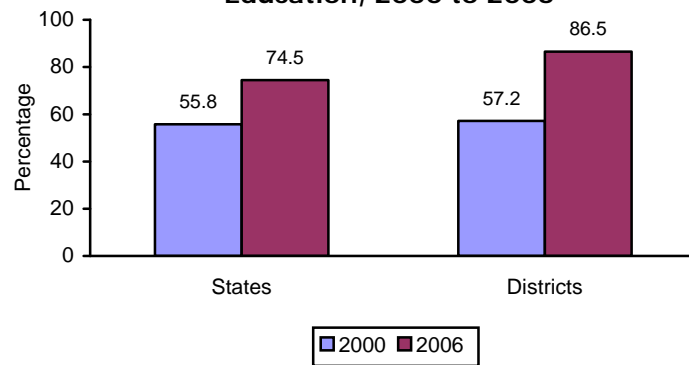


Physical Education for Students with Disabilities

About SHPPS: SHPPS is a national survey periodically conducted to assess school health policies and programs at the state, district, school, and classroom levels. Comprehensive results from SHPPS 2006 are published in the *Journal of School Health*, Volume 77, Number 8, October 2007.

- The percentage of districts that required schools to provide adapted physical education to meet the needs of students with long-term disabilities increased from 74.6% in 2000 to 92.7% in 2006, and the percentage that required schools to meet the needs of these students by mainstreaming them into regular physical education increased from 82.3% to 98.5%.¹

Percentage of States and Districts That Required Schools to Meet the Physical Education Needs of Students With Long-Term Disabilities by Using Teaching Assistants in Regular Physical Education, 2000 to 2006



Percentage of States and Districts That Required Schools to Implement Selected Measures to Meet the Physical Education Needs of Students With Long-term Physical, Medical, or Cognitive Disabilities		
Measure	States	Districts
Include physical education in 504 plans* or IEPs†	91.5	96.3
Mainstream students with disabilities into regular physical education	89.6	98.5
Provide adapted physical education as appropriate	87.5	92.7
Use teaching assistants in regular physical education	74.5	86.5
Use modified assessment	81.6	93.8
Use modified equipment or facilities in regular physical education	87.0	93.2

* Defined as documents that describe a program of instructional services to assist students with special needs who are in a regular educational setting.
† Defined as documents written by school administrators, teachers, and parents that identify annual goals, strategies, or services provided for students with special educational needs.

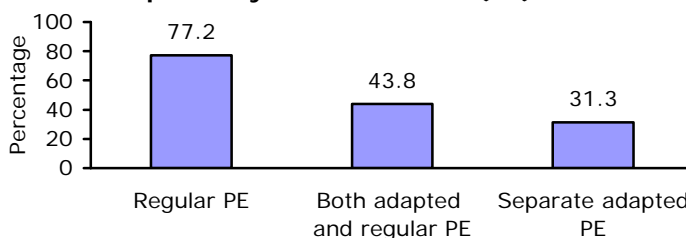
During the 2 years preceding the study:

- The percentage of states that provided funding for staff development or offered staff development on teaching physical education to students with long-term physical, medical, or cognitive disabilities to physical education teachers increased from 32.7% in 2000 to 52.1% in 2006.
- 55.9% of districts provided funding for staff development or offered staff development on teaching physical education to students with long-term physical, medical, or cognitive disabilities to physical education teachers.
- 31.7% of physical education classes or courses had a teacher who received staff development on teaching physical education to students with long-term physical, medical, or cognitive disabilities.

¹ Selected changes between 2000 and 2006 are included if they met at least 2 of 3 criteria ($p < .01$ from a t-test, a difference greater than 10 percentage points, or an increase by at least a factor of 2 or decrease by at least half). Variables are not included if they did not meet these criteria or if no comparable variable existed in both survey years.

- 62.4% of schools had students with long-term physical, medical, or cognitive disabilities. Among these schools, 87.2% included physical education in those students' individualized education programs or 504 plans.
- 22.9% of all required physical education classes or courses had students with long-term physical, medical, or cognitive disabilities.
- The percentage of required physical education classes or courses containing students with long-term physical, medical, or cognitive disabilities in which a teacher or aide came in to assist these students increased from 37.7% in 2000 to 52.9% in 2006.

Percentage of Schools* That Had Their Students With Long-Term Disabilities Participate in Regular, Adapted and Regular, and Separate Adapted Physical Education (PE) Classes



*Among the 62.4% of schools that had students with long-term physical, medical, or cognitive disabilities.

Percentage of Required Physical Education Classes or Courses* in Which Teachers Used Selected Strategies to Accommodate Students With Disabilities	
Strategy	Schools
Modified the assessment	72.8
Simplified instructional content or varied the amount of difficulty of the material taught	84.4
Used modified equipment or facilities	57.4
Used more skill modeling, practice, or repetition	76.8
Used peer teaching or coaching	69.4

*Among the 22.9% of required physical education classes or courses that had students with long-term physical, medical, or cognitive disabilities.

Percentage of Required Physical Education Classes or Courses* in Which Staff Assisted Students With Long-Term Physical, Medical, or Cognitive Disabilities	
Type of Assistance	Classes
Teacher or aide came in to assist students	52.9
Coordinated activities with a special education teacher	39.2
A physical or occupational specialist came in to assist	32.2
An adapted physical education teacher or specialist who taught students with disabilities came in to assist	29.1

* Among the 22.9% of required physical education classes or courses that had students with long-term physical, medical, or cognitive disabilities.

Percentage of States, Districts, and Schools That Allowed Students to Be Exempted From Physical Education (PE) Requirements for Long-Term Physical, Medical, or Cognitive Disabilities									
Disability	States*			Districts†			Schools‡		
	Elementary	Middle	High	Elementary	Middle	High	Elementary	Middle	High
Cognitive disability	5.0	2.6	9.5	25.2	23.1	24.3	46.3	45.1	38.5
Long-term physical or medical disability	20.0	23.7	35.7	42.4	44.7	52.4	88.9	86.9	77.3

* Among the 80.4%, 78.4%, and 86.3% of states that required elementary, middle, and high schools, respectively to teach PE.
 † Among the 93.3%, 78.6%, and 88.8% of districts that required elementary, middle, and high schools, respectively to teach PE.
 ‡ Among the 69.3% of elementary schools, 83.9% of middle schools, and 95.2% of high schools that required PE.

- Among schools that required physical education, the percentage allowing students to be exempted from required physical education for 1 grading period or longer for a cognitive disability increased from 31.4% in 2000 to 44.1% in 2006.

Where can I get more information? Visit www.cdc.gov/shpps or call 800-CDC INFO (800-232-4636).

