Adapted Physical Education Training Opportunities

CARE-R Assessment

A.P.E. Strategies for Mild-Moderate Disabilities

A.P.E. Strategies for Moderate-Severe Disabilities

A.P.E. and the I.E.P. Process

Paraeducator Training

State Laws Regarding Physical Education

» All students in grades 1-6 must be provided at least:
  • 200 minutes of physical education instruction each 10 school days not including lunch or recess because those are not instructional opportunities (EC 51210).

» All students in grades 7-12 must be provided at least:
  • 400 minutes of physical education each 10 school days (EC 51210).

LACOE can help. We will come to your school or district office for a consultation to help develop and implement a comprehensive, compliant, standards-based Physical Education program. We provide high quality Physical Education training for Special Education and General Education:

• Classroom Teachers
• P.E. Teachers/Specialists
• TOSAs
• Administrators
• Adapted P.E. Teachers
• Paraeducators
• Parents

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Visit us on the web at:
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Training and Support Opportunities

- Standards-Based Physical Education
- FITTESTGRAM®
- OPEN Curriculum Training
- Increasing Literacy Through Physical Education
- Increasing Physical Activity During the School Day
- Physical Education for Classroom Teachers
- Assessment & Evaluation in Physical Education
- Parent Information Training

Why is High Quality PE training and curriculum essential?

The need for high-quality physical education and physical activity has never been greater. Schools, parents, and community members play an important role in making sure each student has the opportunity to develop the motor skills, knowledge, confidence and social skills needed to perform a variety of physical activities. These skills lay a foundation for a lifetime of health and well-being. Never has this been more important than in today’s digital age where students are spending more time sitting and engaging in virtual activities.

Benefits of an effective physical education program:

- Increased knowledge and skills that will support involvement in lifetime physical activity and healthy lifestyles
- Enhanced academic performance, including better grades and test scores
- Improved attendance and work skills, including goal setting and planning
- Better mental health and emotional well-being
- Prevention of chronic diseases including obesity, hypertension and type 2 diabetes

Tonya Moore currently serves as a P.E. Consultant II for the Los Angeles County Office of Education (LACOE). She has served as an Adapted Physical Education (APE) Specialist and K-12 Physical Education Specialist. She received the 2013 NAPEC APE Teacher of the Year award and currently serves as the Vice-President of Health Education for the CAPHRED board. She has presented trainings at the local, regional, state, and national levels. In addition, Tonya has Physical Education and Health grant experience.

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