



# Adaptive Physical Education

**P.H.A.S.E. 1 Athletics** is in its 4<sup>th</sup> year of implementing our adaptive physical education curriculum. **Adaptive P.E.** is a modified curriculum so that it's appropriate for a person with a disability as it is for one without. Our mission is to provide fitness and athlete development to all regardless of gender, abilities, age or experience. We utilize our proprietary **P.H.A.S.E. 1 Training System**; a movement based athlete development approach as the foundation of our program. The athlete development approach focuses on training quality movement to achieve greater mobility, fine motor skills and performance for every day life.

## PROGRAM OVERVIEW

**NAME:** Adaptive Physical Education Curriculum

**PURPOSE:** Increase physical activity and cognitive functions

**TYPE:** Structured Fitness & Nutritional Wellness for all levels under the Autism Spectrum

**COMPANY:** P.H.A.S.E. 1 Athletics, 2815 S Alma School Rd. Suite 118, Mesa, AZ, 85210

**PARTICIPANTS:** Individuals, Schools, Families, Organizations

**COST:** Varies for each program

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## PROGRAM DESCRIPTION

Our program offers instructional adaptive fitness and cooperative play within a safe and encouraging environment.

The goal of the program is help improve:

- Coordination - the ability to use different parts of the body together smoothly and efficiently),
- Physical strength - exertion of force on an object
- Self-confidence - a feeling of trust in one's abilities, qualities, and judgment
- Mobility - the ability to move
- Athletic skill - the use of physical skills or capabilities, strength, agility, or stamina

We believe that development in these areas can be directly related to improved functioning in daily tasks and activities. We attend on reaching this goal by taking an *ABA (applied behavior analysis)* approach, using various *visual* and verbal prompts and implementing a *progressive and regressive* style of teaching.



## OUR TEAM

Our **P.H.A.S.E. 1 Team** uses our diverse educational and personal backgrounds in fitness and sports to develop our **P.H.A.S.E. 1 Training Curriculum**. Our team includes individuals with degrees in exercise science, physical education, curriculum development, education and sociology. Additional skills include certifications in fitness, nutrition, crisis prevention and intervention, CPR, and first aid.

Certified **P.H.A.S.E. 1 Trainers** are trained in assessing and working with special needs children. We use an A.B.A approach adaptation of our **P.H.A.S.E. 1 Training Curriculum** in order to develop lessons and workouts necessary to meet the needs of the child.