

# PHYSICAL EDUCATION AND THE STUDENT WITH AUTISM

By

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## **ELEMENTARY AU SAMPLE LESSON:**

**Beginning (Warm-Up)** Students enter the learning area and sit in a designated area (on a Poly spot). Warm up is to song by Greg and Steve – “BODY ROCK”

Students are shown visual of Sit ups and proceed to mat to perform 10 sit ups

**Whole Group Activities:**

1. Students walk and run in different directions and learn to stop on cue while listening and moving to the “FREEZE” song by Greg and Steve
2. Modified Pacer Activity – Students stand on poly spot and run to same colored poly spot opposite of where they are standing.

**STATIONS: (MIDDLE OF LESSON)** – Most of my classes (depending upon the size of the class) are set up in a station type format depending upon skill/sport learning that particular day/upcoming weeks. Upon finishing Pacer activity, students sit on their poly spot. From here they are given a numbered colored card to proceed to their station. The stations are identified by colored numbered flag poles. Students walk to the numbered flag pole and place their card on Velcro part of pole. Begin activity. Music is playing in background. When music stops, students go to the numbered pole to retrieve their next station number and proceed to that station.

**CLOSURE: (ENDING)** Students return back to the exercise circle area and sit down. Lesson for the day is reviewed – what did you learn today in Physical Education? Picture symbols and choices on “Twin Talker” are provided. Students will end class by reviewing my homemade book. PE IS GREAT BOOK – song is sung to “ARE YOU SLEEPING” Tune

**LYRICS FOR PE IS GREAT BOOK:**

*PE IS GREAT, PE IS GREAT*

*PLAY AND LEARN, PLAY AND LEARN*

*WE CAN MOVE TOGETHER, WE CAN MOVE TOGETHER*

*PE IS FUN, PE IS FUN*

*PE IS DONE, PE IS DONE*

**DISMISS CLASS**

\*\*\*\*\*This lesson will be looked at more detailed and discussed during the session.




**ELEMENTARY AU SAMPLE LESSON:**  
**(Continued)**

**CEREBRAL POINTS:**

- Less Chatter – More movement

- Routine/Structure/Visual Schedule board(s)
- Individual schedule card for some students
- Use all the adults present during the class.
- Countdown (54321) or use of timer to note that time is finished at the station
- Give clear/concise directions
- Remain in continual communication with Special Education staff and all who work with the student with autism.

Below on next page is an example of a VISUAL SCHEDULE

	 <b>SIT</b>
	 <b>WALK</b>
	 <b>STRETCH</b>



**RUN**



**ACTIVITY**

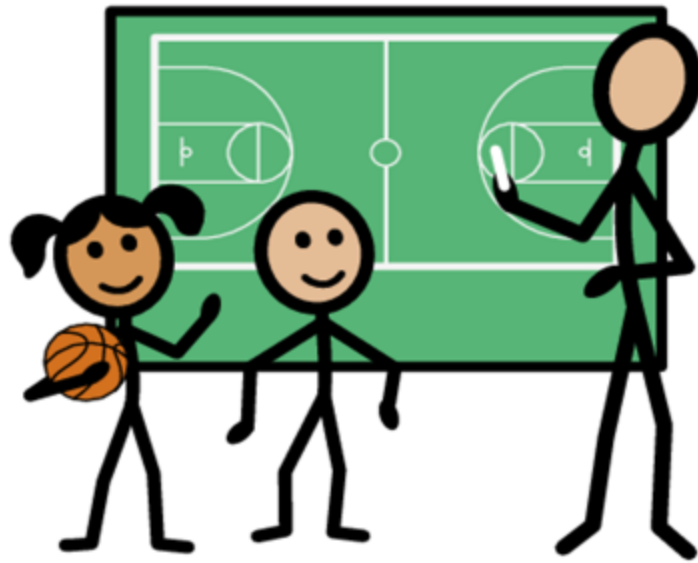


**COOL DOWN**

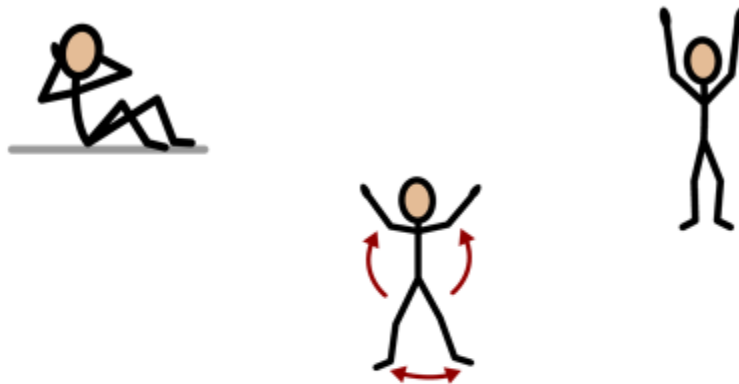
# Social Story Sample Slides

By : Lindsey Etzemiller

\*\*This was a free download on  
Teachers Pay Teachers.com website



Going to P.E.



When I come in to the gym, I will go to my station. We rotate when the music changes.



We get to run and play in P.E., but I have to wear my tennis shoes to keep me safe.

This is my teacher Ms. Ann. I need to listen to her.



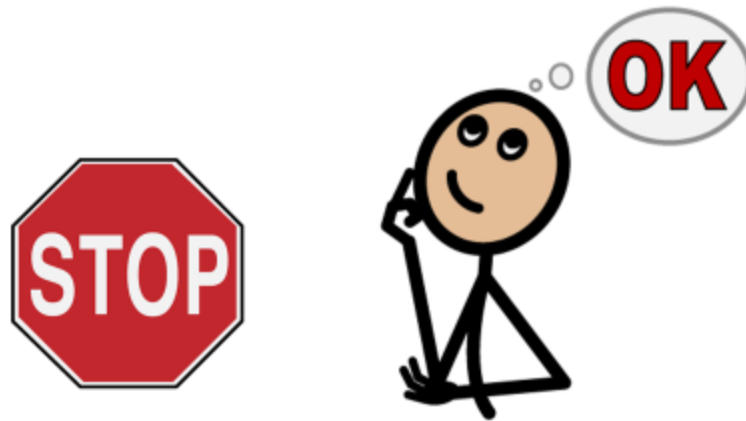
P.E. is fun! We get to learn games and run around.

When the music stops, I stop.



Then I wait for instructions.





I need to listen and stop when my teachers tell me too.