



**EMPOWERED
P.E.**



About Empowered PE:

Empowered PE is an evidence based physical education program. Its purpose is to promote inclusive physical education and foster positive social interactions among students. The ultimate goal of the program is to provide resources, skills, and the necessary knowledge to encourage a positive physical education classroom that is inclusive to all students abilities.

What does the program involve

Empowered P.E. is a 6 week program administered 1 day per week. The program is structured to be administered to one grade level at a time so the students and staff can receive the full benefits of the program. The program is embedded within the physical education curriculum. There is a combination of staff education, creative activities, and student learning, and coaching/modeling for staff. Empowered P.E. is tailored for elementary aged students, but can be modified to accommodate middle and high school participants.



Why is the program needed:

Research has indicated a concerning decrease in physical activity levels among children with special needs, highlighting the importance of inclusive physical education classes that cater to their unique needs and abilities. There are many benefits to physical exercise in physical education classes which include, increasing the level of physical activity, Improvement grades and standardized test scores, and staying on-task in the classroom.

Program Objectives:



Educate coaches and PE teachers on the importance of exercise for children with diverse needs and how to create a positive PE experience for all students.



Provide activity ideas and strategies to promote increased activity, positive behavior, and sensory regulation.



Provide safe and inclusive gym equipment. Offer recommendations on how to modify the environment.



Foster sustainability. Provide strategies, tips, and resources for coaches and teachers to use after the program is completed.