Adapted Physical Education Goal List
Life Skills

Skill	Goal Sample	SOL
Arm Strength/Scooter	By DATE 2013, STUDENT (independently, with prompts, with physcial assistance) will push him/herself while laying prone or sitting on a scooter for ـــــ feet in ـــــ out of ـــــ trials, as measured by_____.	1.1b. 1.1e
Arm/Leg movement	By DATE 2013, STUDENT (independently, with prompts, with physical assistance) will initiate movement in his arms or legs by pushing equipment off of his tray or wiggling objects off of his feet on _____ trials per class in _____ out of _____classes per week, as measured by_____	1.1c, 1.2c
Directional control/force	By DATE 2013, STUDENT (independently, with prompts, with physical assistance) will apply an appropriate amount of force and directional control by using his hand or small object (paddle, bat, etc) to propel an object to a target in ـــــ out of ـــــ trials, as measured by_____	1.1d, 1.2c
Equipment	By DATE 2013, STUDENT (independently, with prompts, with physical assistance) will stand/walk with support for ـــــ minutes (while performing a PE skill) in ـــــ out of ـــــ trials, as measured by_____	1.1a, 1.1d, 1.3
Grasp and Release	By DATE 2013, STUDENT (independently, with prompts, with physical assistance) will grasp objects during a class activity and release into a container in ـــــ out of ـــــ trials, as measured by_____.	1.1c
Grasping	By DATE 2013, STUDENT (independently, with prompts, with physical assistance) will grasp an object (bean bag, parachute, etc) for ـــــ seconds without releasing in ـــــ out of ـــــ trials, as measured by _____.	1.1c
Pushing	By DATE 2013, STUDENT (independently, with prompts, with physical assistance) will push an object (bean bag, ball, etc) off of tray (into a bucket, hoop, to target) in ـــــ out of ـــــ trials, as measured by _____.	1.1b, 1.2c
Tracking	By DATE 2013, STUDENT (independently, with prompts, with physcial assistance) will track an object (scarves, ribbon sticks, etc) by moving her eyes/head in at least ـــــ of the following directions (up, down, left, right) in ـــــ out of ـــــ trials, as measured by _____	1.1b, 1.6
Prone	By Date 2013, STUDENT (independently, with prompts, with physical assistance) will hold the prone position (elbows supporting upper body with thighs flat or on a wedge) for ـــــseconds in ـــــ out of ـــــ trials as measured by _____	