

AEROBICS

Potential Modifications and Adaptations

Equipment	Rules	Environment	Instruction
<input type="checkbox"/> Lines on floor <input type="checkbox"/> Poly spots <input type="checkbox"/> Ribbons <input type="checkbox"/> Scarves <input type="checkbox"/> Stretch bands <input type="checkbox"/> Mats <input type="checkbox"/> Mirrors <input type="checkbox"/> Lights <input type="checkbox"/> Bar for balance <input type="checkbox"/> Steps <input type="checkbox"/> Lower steps <input type="checkbox"/> Light weights <input type="checkbox"/> Modified weights <input type="checkbox"/> Music <input type="checkbox"/> Music with bass on an MP3 player or sound system <input type="checkbox"/> DVDs or online videos	<input type="checkbox"/> No music to start <input type="checkbox"/> Go at own pace <input type="checkbox"/> Create own dance <input type="checkbox"/> Modify movements <input type="checkbox"/> Dance while sitting <input type="checkbox"/> Shadow partner <input type="checkbox"/> Work with partner <input type="checkbox"/> Work in groups <input type="checkbox"/> Repeat moves <input type="checkbox"/> Slow the tempo <input type="checkbox"/> Low impact <input type="checkbox"/> Modify time	<input type="checkbox"/> Indoor or outdoor <input type="checkbox"/> Flat surface <input type="checkbox"/> Matted surface <input type="checkbox"/> Space from peers adequate for movement <input type="checkbox"/> Bright and clear boundaries <input type="checkbox"/> Steps by the wall (wall is for balance) <input type="checkbox"/> Lights timed with the beat	<input type="checkbox"/> Verbal cues <input type="checkbox"/> Demonstration <input type="checkbox"/> Modeling <input type="checkbox"/> Tactile modeling <input type="checkbox"/> Physical assistance <input type="checkbox"/> Task cards (enlarged if needed) <input type="checkbox"/> Pictures <input type="checkbox"/> Guided discovery <input type="checkbox"/> Problem-solving <input type="checkbox"/> Task analysis <input type="checkbox"/> Proximity <input type="checkbox"/> Individualized <input type="checkbox"/> Sign language <input type="checkbox"/> Feedback <input type="checkbox"/> Heart rate check <input type="checkbox"/> Peer tutor <input type="checkbox"/> Paraeducator <input type="checkbox"/> Interpreter

Basic Aerobic Workout

Task	Student participates in a 30- to 45-minute aerobics class.
Scale components	(a) Ability to execute the skill demonstrated, (b) keeping up an 8-count beat, (c) duration of continuous exercise
Rubric level and color	Rubric descriptors
1. White	Student executes 3 or 4 aerobic moves as demonstrated by the instructor with no music and with or without assistance.
2. Yellow	Student executes 5 to 8 aerobic moves as demonstrated by the instructor with no music and with or without assistance.
3. Orange	Student continuously executes at least eight aerobic moves as demonstrated by the instructor with music to a 4-count beat for 10 minutes.
4. Green	Student continuously executes at least 10 aerobic moves as demonstrated by the instructor with music to a 4-count beat for 15 minutes.
5. Blue	Student continuously executes at least 10 aerobic moves as demonstrated by the instructor with music to an 8-count beat for 20 minutes.
6. Purple	Student continuously executes any number of moves as demonstrated by the instructor with music to an 8-count beat for 20 to 30 minutes.
7. Brown	Student continuously executes any number of moves as demonstrated by the instructor with music to an 8-count beat for 30 to 45 minutes. Optional: Student leads all or part of the workout.

WEIGHT TRAINING

Potential Modifications and Adaptations

Equipment	Rules	Environment	Instruction
<input type="checkbox"/> Bars <input type="checkbox"/> Modified bars <input type="checkbox"/> Weights <input type="checkbox"/> Wooden weights <input type="checkbox"/> Light weights <input type="checkbox"/> Rubber weights <input type="checkbox"/> Ankle weights <input type="checkbox"/> Bright weights <input type="checkbox"/> Kettlebells <input type="checkbox"/> Hand grips <input type="checkbox"/> Gloves <input type="checkbox"/> Straps <input type="checkbox"/> Velcro straps <input type="checkbox"/> Weight belts <input type="checkbox"/> Towels <input type="checkbox"/> Stretch bands <input type="checkbox"/> Fitness machines <input type="checkbox"/> Carpets <input type="checkbox"/> Everyday objects (e.g., cans, jugs) <input type="checkbox"/> Task cards <input type="checkbox"/> Music on MP3 or sound system <input type="checkbox"/> DVD or online video on proper technique	<input type="checkbox"/> No max weight <input type="checkbox"/> Put equipment back where you got it (for safety) <input type="checkbox"/> Warm up <input type="checkbox"/> Follow individual program <input type="checkbox"/> Use spotter <input type="checkbox"/> Proper form <input type="checkbox"/> Learn names and functions of muscles <input type="checkbox"/> Strength and resistance training <input type="checkbox"/> Use own pace <input type="checkbox"/> Do half sets <input type="checkbox"/> Always use a partner <input type="checkbox"/> Use personal space	<input type="checkbox"/> Indoor or outdoor <input type="checkbox"/> Bright atmosphere <input type="checkbox"/> Positive feedback <input type="checkbox"/> Padding on floor <input type="checkbox"/> Wheelchair access <input type="checkbox"/> Posters <input type="checkbox"/> Visuals of muscles used <input type="checkbox"/> Different colors of posters on walls for different areas (e.g., stretching areas, free weights) <input type="checkbox"/> Minimal distractions	<input type="checkbox"/> Verbal cues <input type="checkbox"/> Demonstration <input type="checkbox"/> Modeling <input type="checkbox"/> Tactile modeling <input type="checkbox"/> Physical assistance <input type="checkbox"/> Task cards (enlarged if needed) <input type="checkbox"/> Pictures <input type="checkbox"/> Guided discovery <input type="checkbox"/> Problem-solving <input type="checkbox"/> Task analysis <input type="checkbox"/> Proximity <input type="checkbox"/> Individualized <input type="checkbox"/> Sign language <input type="checkbox"/> Feedback <input type="checkbox"/> Peer tutor <input type="checkbox"/> Paraeducator <input type="checkbox"/> Interpreter

Bench Press

Task	Student lifts the weight bar during a bench press and increases the maximum amount of weight from the initial pretest maximum.
Scale components	Weight increase
Rubric level and color	Rubric descriptors
1. White	Student bench presses weight equal to pretest maximum with or without assistance.
2. Yellow	Student bench presses weight 1 to 3 percent heavier than pretest maximum with or without assistance.
3. Orange	Student bench presses weight 4 to 6 percent heavier than pretest maximum with or without assistance.
4. Green	Student bench presses weight 7 to 9 percent heavier than pretest maximum with or without assistance.
5. Blue	Student bench presses weight 10 to 12 percent heavier than pretest maximum with or without assistance.
6. Purple	Student bench presses weight 13 to 15 percent heavier than pretest maximum with or without assistance.
7. Brown	Student bench presses weight more than 15 percent heavier than pretest maximum with or without assistance.