

Dear [Administrator/School Board Members],

I am writing to advocate for the critical importance of properly staffing and supporting Adapted Physical Education (APE) programs to ensure the safety and success of our students with disabilities.

As an Adapted Physical Education teacher, I work with students who present a wide range of physical, cognitive, sensory, and behavioral needs. Many of these students require individualized instruction, mobility support, behavior regulation strategies, medical monitoring, and specialized equipment. Physical education is inherently active and dynamic. Without appropriate staffing ratios and trained personnel, the risk of injury or unsafe situations increases significantly.

Safety in Adapted PE is not optional; it is foundational. Our students may have:

- Limited mobility or balance challenges requiring physical assistance
- Seizure disorders, cardiac conditions, or other medical considerations
- Sensory processing needs that impact spatial awareness
- Behavioral needs that require proactive supervision
- Limited understanding of environmental risks

Unlike a traditional classroom, physical education involves movement, equipment, open spaces, and peer interaction at a higher intensity level. Adequate staffing ensures:

1. Immediate response in medical or behavioral emergencies
2. Proper implementation of IEP goals and accommodations
3. Safe use of adapted equipment
4. Appropriate supervision during transitions and community-based activities
5. Dignity and inclusion for students who require physical assistance

When Adapted PE programs are under-supported or non-existent, the burden falls not only on the teacher but also on the students whose safety and educational rights are at stake. Federal mandates under the Individuals with Disabilities Education Act (IDEA) require that students receive services in a safe and appropriate environment. Ensuring sufficient staffing and resources is not simply best practice; it is a legal and ethical obligation.

I am asking that we evaluate current staffing ratios, paraprofessional support, and safety protocols within our Physical Education department. Investing in these supports protects our students and staff and reinforces our district's commitment to inclusive, high-quality education.

I care deeply about the well-being of our students and the integrity of our program. Thank you for your time and consideration of this important matter. I would welcome the opportunity to discuss this further.

Sincerely,

[Your Name]

Adapted Physical Education Specialist

[School/District Name]