

EVERYONE PLAYS A ROLE IN MAKING PHYSICAL ACTIVITY INCLUSIVE

for Children with Intellectual and Developmental Disabilities

Children with intellectual and developmental disabilities (I/DD) receive services from multiple professionals within child care, school, health care, community, and home settings. These professionals are part of a child's support team. Each member of a child's team can play a role in helping the child develop healthy behaviors and make healthy choices.

Physical Education Teachers

- Recommend physical education goals for each child's education plan.
- Adapt and modify activities to include all children.
- Help evaluate children to determine if they require Adapted Physical Education (APE) services.

Speech and Language Pathologists

- Help children who have trouble with social skills to increase participation in group physical activities.

Special Education Teachers

- Provide opportunities for all children to be physically active by incorporating motor breaks into lessons.
- Help physical education teachers understand how to adapt the PE curriculum to meet a child's special needs.
- Ensure all children engage in active recess.

Health Care Providers

- Talk to families about the importance of physical activity.
- Recommend physical activity goals for a child's education and service plans.

**coordination
is key!**

Child Care and Out-of-School Providers

- Use inclusive strategies to promote a child's involvement in physical activity.
- Adapt and modify activities to include all children.

Case Managers

- Request services that promote physical activity when sedentary behavior interferes with a child's physical or mental health.
- Ensure alignment of physical activity goals in a child's education and service plans.
- Make sure a child's team addresses the child's physical activity goals at home, at school, and in the community.

Physical Therapists

- Address a child's posture, muscle strength, and mobility needs.

Everyone

- Reinforces the '5-2-1-0' message.
- Provides opportunities for physical activity every day.
- Acts as role models by being physically active.

MaineHealth

LET'S GO!

5-2-1-0