

Everyone Plays a Role

# Supporting Physical Activity

for Children and Youth with Intellectual and Developmental Disabilities

Children and youth with intellectual and developmental disabilities (I/DD) receive services from multiple professionals within early care and education, school, health care, community, and home settings. These professionals are part of a child's support team. Each member of the team plays a role helping children with I/DD be physically active.



## Everyone

- Involve children and youth in setting physical activity goals.
- Empower children and youth to take responsibility for their own health, based on their developmental level.
- Reinforce the 5-2-1-0 message.
- Role model by being active and enthusiastic about physical activity.
- Help families and caregivers support physical activity at home and in their community.

## Case Managers

- Make sure the team addresses physical activity needs at home, school, and in the community.

## Classroom and Special Education Teachers

- Provide movement breaks and include movement in lessons.
- Help physical education teachers adapt the physical education (PE) curriculum to address behavioral or social needs.

## Early Care and Education & Out-of-School Providers

- Adapt and modify activities to ensure all children can participate in indoor and outdoor play.

## Health Care Providers

- Talk to families about the importance of physical activity.
- Recommend physical activity goals for a patient's education and service plans.
- Address any safety or health concerns.

## Physical Education Teachers

- Read individual education program (IEP) and/or behavior intervention plan (BIP).
- Recommend physical education goals for the IEP.
- Adapt and modify activities to ensure all students are included and benefiting from the PE curriculum.
- Help to determine if Adapted Physical Education (APE) services are needed.

## Physical Therapists

- Address posture, muscle strength, and mobility needs.

## Speech and Language Pathologists

- Advise teachers how to teach, model and reinforce social skills to increase participation in physical activities.