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.