

What is your basic philosophy for fitness activities in adapted PE class? Should there be a specific day designated for fitness or should it be more hidden in fun games and activities? There isn't a right or wrong answer here. It is going to vary for everyone, and you may notice your philosophy changes throughout your teaching career.

In a general physical education setting, establishing and incorporating physical fitness into the lesson is extremely important. For many students, the physical education class that they are taking is or could be the only physical activity they get throughout their week. It is my job as an educator to get these materials for my students. Obviously doing a workout circuit is not the most glorifying lesson or activity for students, it can often be compared to reading *Romeo and Juliet* or solving geometry equations. It is my job to find out how I can make working out and physical activity fun. Weather that is incorporating fitness into a game or blasting fun music while we do an exercise circuit.

When it comes to the adaptive route, I think hiding fitness in the activities is the best route. I can see the alternate route as well. But for an adaptive classroom the students often have some sort of disability. Putting your students into an environment where we provide excitement and show that you the teacher is fired up for the lesson, it will also put the students into an excited frame of mind!