



Unified Physical Education

Unified PE provides a unique opportunity for students with and without disabilities to come together through ongoing educational and physical activities, using the power of Special Olympics. The Unified Physical Education course is structured around the national physical education standards and grade-level outcomes. Additionally, the class supports the development of leadership skills for all students as well as the empowerment of ALL students to foster an inclusive class and school-wide environment. Students in Unified Physical Education courses may have the opportunity to participate in competitions with other schools or attend Special Olympics events

SAMPLE COURSE CODE & DESCRIPTION-

**This can be tweaked
according to what
Physical Education
Elective course code
is available for your
school/district.**

Physical Education 2 344201CW

Unified Sports or Unified PE

Grades 11–12 1 unit

Prerequisite: Physical Education 1 or JROTC I

This course may not be used in lieu of Physical Education 1 to satisfy the graduation requirement. This course combines students of all abilities, from general and special education, to participate in inclusive activities including physical fitness and Unified Sports. This course is a training course for Special Olympics, with a focus on preparation for competition in Unified Sports while providing ongoing leadership opportunities. An application is required and may be picked up in the School Counseling and Advisement Office.

Unified Physical Education (PE) is a popular and affective strategy used by many Unified Champion Schools, at all grade levels. The initiative is low-cost, sustainable, and can be a catalyst for social inclusion in any school community.

For more information on how to start a Unified PE program at your school, contact:

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