

“I Can Do It, You Can Do It!”



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M-DCPS Kicks Off 5th Year

The South Miami Senior High School gymnasium was the site for the 2008-2009 “I Can Do It, You Can Do It!” kick off on October 13, 2008. Special education students from South Miami Senior High participated in a variety of activities.

“I Can Do It, You Can Do It” is a physical fitness program that links physically fit mentors with children who are disabled. The mentors provide training and guidance to help the children become physically active by accumulating 30 minutes of physical activity daily to earn the Presidential Active Lifestyle Award. The ultimate goal of this program is for children with disabilities to realize the importance of

regular physical activity and sensible nutrition and to encourage healthy behavior. The students not only participated in a variety of physical activities such as bowling and basketball, they also had the opportunity to use the fitness center.

The “I Can Do It, You Can Do It” program is designed to take place during 6 week sessions, culminating with an awards ceremony at the end of the year where certificates and patches will be presented to all students who successfully complete the program. This is the fifth year students from M-DCPS have participated in this program.



The students and their mentors at South Miami Senior High participate in physical activities

Over 1000 students earn Presidential Active Lifestyle Award

On May 10, 2007 over 1000 students with disabilities received their Presidential Active Lifestyle Award in a ceremony at the American Airlines Arena in Miami.

The students were entertained by the HEAT

Extreme Team while waiting for the event to begin. Dr Margret Giannini, Director, Office on Disability, U.S. Department of Health and Human Services was the keynote speaker this year. She also

presented the districts first Gold Presidential Champions Award to Abraham Arias from G. Holmes Sr. High on behalf of President George W. Bush. Michael Marge, Deputy Director, Office on Disability also participated in the ceremony.

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Sports Program for Students with Disabilities Starts Another Year of Exciting Events

The M-DCPS Sports Program for Students with Disabilities continues another year of events for students with physical disabilities to participate in various events and activities.

The disabled sports program provides opportunities for students with physical, visual, or hearing impairments to participate in a variety of sports, athletic events, and physical

activities.

Any M-DCPS student from second grade on up with a physical impairment is able to participate.

Upcoming Calendar

October 22 Paralympics Sports Day @ Goulds

November 12 Wheelchair

basketball north @ YET center

November 13 Power Soccer @ Edison Sr.

November 19 Wheelchair

Basketball South @ Goulds

December 5 Junior Orange Bowl Sports Ability Games Swimming @ Miami Springs Pool

December 6 Junior Orange Bowl Sports Ability Games Track @ Tropical Park Stadium

December 10 Wheelchair Basketball Finals @ Goulds

December 11 Power Soccer @ Edison Sr.

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M-DCPS Sailing and Kayaking for Disabled Students Continues Around the County

Thanks to partners Anchors Away Foundation, Coconut Grove Sail Club, Oleta River Park, and Miami Yacht Club for supporting the continuation of the M-DCPS water sports program.

The M-DCPS watersports program continues to be totally accessible to all M-DCPS students at various locations throughout the county Thanks to Billy Joel, Chairman, and Elaine Adler of the Aventura Marketing

Council.

This program is run by M-DCPS teachers who are certified WSI Instructors, lifeguards, CPR/AED and are also certified in teaching sailing and kayaking.

All students are able to participate in this program once they have passed the district mandated swim test.

M-DCPS has its own fleet of kayaks, canoes, and Access Dinghies. Three of the

districts Access Dinghies are able to be controlled with electronics hooked up to a single joystick which enables them to be used by students who are accustomed to their power electric wheelchair controls.

Physically disabled students will continue to be able to experience physical activity on the water throughout the county and in their neighborhood thanks to this program.

M-DCPS students participate in Paralympics Academy

On October 22, 2008 over 40 M-DCPS students participated in the Paralympics Academy at Goulds Gymnasium.

With the help from the staff of the Miami-Dade County Leisure Access Services Students participated in a

variety of Paralympic sports. Students were able to try fencing, tennis, basketball, as well as take a turn on the handcycles.



Student Spotlight, Rene Aparicio, Miami Senior High School

Rene Aparicio has been participating in the “I can do It, You Can Do It.” Presidential Active Lifestyle Award since his first award when he attended Citrus Grove Middle School.

Rene also participates in the M-DCPS Disabled Sports Program where his favorite sport is golf. He likes golf because he can get outside and learn how to play the game. He likes to get out of

school and do things with his fellow students through the disabled sports program. In addition to the activities that Rene participates in at school he also likes to go out with his parents for walks when he is not at school.



What: “I Can Do It, You Can Do It!” Presidential Active Lifestyle Award

Who: All students with disabilities may participate

How: At least 30 minutes of Physical Activity a day for 6 weeks

Where: Any safe place where you can do physical activity

When: Everyday, minimum of 5 days a week

Why: To promote a healthy lifestyle for a lifetime

Adaptive Physical Education Workshop Completed

An Adaptive Physical Education workshop was held for M-DCPS Adaptive Physical Education Teachers on October 9th at American Senior High. Over 40 physical education and adaptive physical education teachers attended this day long workshop. Teachers were able to learn new games and activities to use in their classes. Teachers also learned about the

“I Can Do It, You Can Do It!” Presidential Active Lifestyle Award and how they can implement this program in their classes.

Teachers listened to presentations by district physical education specialists as well as peers teaching adaptive physical education to students in M-DCPS schools. The afternoon session in the gymnasium was especially

beneficial in allowing the teachers to experience some hands on experience with some of the special adaptive physical education equipment, by experiencing what it is like to shoot a basketball from a wheelchair or how to catch and throw a ball without vision.



Macau Delegation Visits M-DCPS Schools Adaptive Program

A Delegation from the Special Administrative Region of Macau visited Miami Edison Senior and Miami Edison Middle School and saw the use of technology in adaptive physical education.

Teacher Jackie Mulloy House showed how students used various technology adaptations to assist with physical education. Students showed how they were able to use the wii video game system to become physically active even if they were only

physically able to move their hands. The delegation finished up by going to Miami Edison Middle School to see a demonstration of power soccer, which is soccer played by students in power electric wheelchairs.



Miami-Dade County Public Schools

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What is the "I Can Do It, You Can Do It" Presidential Active Lifestyle Award?

"I Can Do It, You Can Do It" is a physical fitness program that links physically fit mentors with students who are disabled. The mentors provide training and guidance to help the children become physically active by accumulating 30 minutes of physical activity daily to earn the Presidential Active Lifestyle Award. The ultimate goal of this program is for children with disabilities to realize the importance of regular physical activity and sensible nutrition and to encourage healthy behavior.

The program is designed to take place during 6 week sessions, culminating with an awards ceremony where The Presidential Active Lifestyle Award Certificates and patches will be presented to all students who successfully complete the program. M-DCPS was the first school district in the United States to implement this exciting new program, and this will be the fifth year of participation.

At the completion of the first 6 week session, students receive the Presidential Active Lifestyle Award certificate and patch, upon

each successful completion of additional 6 week sessions students receive a sticker to apply to their certificate. At the end of the year students are invited to participate in a district wide activity and awards day.

This program is open to all students in grades 2 and up with physical and cognitive disabilities in all M-DCPS schools.

