

“I Can Do It, You Can Do It!”



Winter 2009
Volume 1, Issue 2

Students Participate in Sports Ability Games

On December 6, 2008 Tropical Park Stadium was the site for the 2008 Junior Orange Bowl Sports Ability Games. Over 200 M-DCPS students participated in track and field activities with children from around the state.

The Sports Ability Games are truly some of the most unique and inspirational events of the Junior Orange Bowl Festival. Created for the physically challenged, the Junior Orange Bowl Sports Ability Games is a series of athletic events designed to bring together youths from South Florida and the World to compete in the name of good sportsmanship. The Sports Ability Games Track and Field Meet continues to be one of the most looked

forward to events on the calendar for students in M-DCPS.



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M-DCPS Students Participate in Special Olympics Fall Classic

Students from Hialeah Middle School joined students from M-DCPS and students from around Florida to participate in the Special Olympics Fall classic games in Orlando Florida. The students

participating are from teams in M-DCPS who qualified to attend this yearly event. Many students use their Special Olympic training time as physical activity time for their Active Lifestyle award.





Sports Program for Students with Disabilities Continues with Winter Events

The M-DCPS Sports Program for Students with Disabilities continues another winter season 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 up with a physical impairment is able to participate.

Upcoming Calendar

February 4
Golf @ International Links

February 11
Golf @ International Links

February 18
Golf @ International Links

February 25
Golf @ International Links

February 26 Power Soccer @ Miami Edison Sr.

March 13 University of Miami Hurricane Challenge

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Centennial Middle Students Play Wheelchair Tennis

Thanks to support from Leisure Access Services from Miami-Dade County Parks students from Centennial Middle were able to participate in a special in school wheelchair tennis clinic on January 23 2009.

Students were able to learn the how to play wheelchair tennis with help from some of the coaches from Leisure Access Services. The students learned the basics

about wheelchair tennis and had a chance to hit some balls. Students were also able to try out the special tennis wheelchairs that were brought to school that day.

Coach Frank Kennebrew from Centennial Middle will continue with the skills the students learned during physical education class.



M-DCPS students participate in Wheelchair Basketball

This winter students from the M-DCPS Sports Program for Students with Disabilities participated in wheelchair basketball clinics at various locations around the County.

With the help from the staff of the Miami-Dade County Leisure Access Services

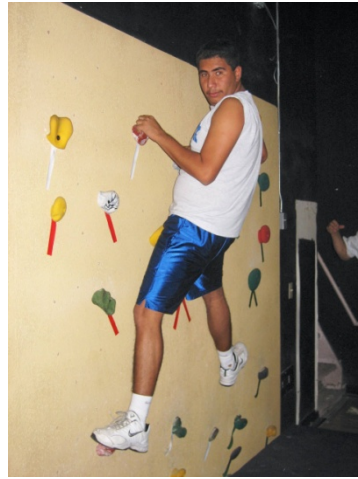
students learned the basics of wheelchair basketball. At the end of the clinics students from the northern and southern parts of the County got together at Goulds Gymnasium for a final game.



Student Spotlight, Abraham Arias, G. Holmes Braddock Sr.

Abraham Arias has been participating in the "I Can Do It, You Can Do It" program at Braddock Senior High School for the past 4 years. In 2008, Abraham became the first recipient from Dade County to receive the Gold medal and is well on his way to getting his second one this year. Abraham participates in daily Physical Education classes in which he does flexibility exercises and a cardio workout of at least 30

minutes. In addition, Abraham trains for and competes in 6 different team sports in the county's Special Olympics program. He also has excelled in the Sailing and Kayaking program at Coconut Grove Sailing club for the past 3 years. His favorite sport is basketball and his favorite hobby is fishing.



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 8 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

Power Soccer

M-DCPS continues to offer students in power electric wheelchairs the opportunity to participate in power soccer.

Power Soccer is a team sport designed and developed specifically for power wheelchair users. Power Soccer combines the skill of the wheelchair user with the speed and power of the chair itself, to participate in an extremely challenging game

similar to soccer. The game is played in a gymnasium on a regulation basketball court. Two teams of four power chair users attack, defend, and spin-kick a 13-inch soccer ball in an attempt to score goals.

This year M-DCPS will Conduct our power soccer events at Miami-Edison Senior High.



Sports Ability Games Swimming Competition

On Friday December 5, 2008 students from M-DCPS participated in a swimming meet for the Junior Orange Bowl Sports Ability Games. Physically impaired students were able to participate in swimming races against athletes from around the

state, with many M-DCPS students taking home medals

Students were also able to compete with students who came all the way from Israel to participate in the weekends activities.



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.

take place during 8 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 8 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.

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The program is designed to