

# Physical education for disabilities

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As a student with cerebral palsy, physical education was definitely hard for me to keep up with typical students. In my point of view, I couldn't stretch, do jumping jacks, and other exercises that other students were accomplishing. I felt really left out because I wanted to be able to do what they were doing. Also, I couldn't run around laps due to my disability like other students could. Instead, I had to use my 500-pound mechanical wheelchair. If I go too fast, I could break someone's foot.

I didn't want that to happen but I had to do laps. Regular physical education wasn't worth my time because I need adaptive P. E. Due to my own perspective of physical education, I would anticipate that all schools should have adaptive physical education for people with physical disabilities because it wouldn't affect them emotionally and mentally. They could do whatever they can to achieve. Observing other students who are typical, makes people with physical disabilities feel left out.

So, I really think it is an excellent concept for everyone who has disabilities. Hopefully, in the future, all schools offer adapted P. E. for disabled students.