

IN THE SPOTLIGHT...

GC SEPTA's Grant Program benefits ALL students at Garden City High School!

Last spring, students in Mr.Chaputian's physical education class had the opportunity to learn how to ride a mountain bike with adaptive wheels. The training wheels provided stability for students and allowed them to build confidence while on the bike. It also provides the experience for the student's to enjoy a healthy lifetime activity which they can participate in outside of physical education class. It was a tremendous hit and put smiles on so many of their faces. The adaptive training wheels and bicycles were part of a SEPTA Grant. Mrs. Rogler's class learned how to play Table Tennis (also known as Ping Pong) during Physical Education class. Table tennis is a lifetime sport that anybody at any age can play. Two tennis tables were purchased by GC SEPTA for the Physical Education classes at the high school. Different ball sizes were used to control the speed of the ball. Various adaptations were made so that each student could meet success. Yoga mats and a storage cart were also part of a GC SEPTA Grant. Mindfulness and other physical benefits of Yoga including increased muscle strength and tone, improved energy and vitality were all part of the focus throughout this physical education unit. GC SEPTA's grant program also purchased IPADS for physical education teachers district wide. These iPads provide the necessary tools for teachers and visual supports for ALL students. GC SEPTA's Grant Program benefits ALL students at Garden City High School!



