# Move United Publishes Adapted Sport Workbook For High Schools

*Free resource provides high school level disability education guide*



Cover of Move United's newly published Send It Adapted Sport Workbook for High School

ROCKVILLE, MD, UNITED STATES, September 10, 2026 /EINPresswire.com/ -- Move United, the national leader in community-based adapted sports and recreation, has published Send It: An Adapted Sport Workbook. This high school level disability education guide serves a critical role in promoting understanding and inclusivity among students through the lens of adaptive sport.

Send It is a free, interactive workbook designed to introduce students to disability, adaptive sports, and inclusion through athlete stories and hands-on learning experiences. Created by Move United with support from Gatorade's Fuel Tomorrow Initiative, this resource helps students learn about the Paralympic Movement, explore adaptive sports, and discover how they can become stronger allies and advocates for the disability community. Send It encourages curiosity, challenges assumptions, and inspires action.

This curriculum has the potential to be a multi-cross curricula tool. It could be used in STEM, Biology, Sociology, Psychology, Physical Education, and Health Education classes. It meets many national standards of learning across each subject area. The content covers a brief history of the Americans with Disabilities Act (ADA), engineering and prosthetics, classification and the Paralympics, ableism, and other topics. It includes profiles of adaptive athletes, school site accessibility surveys, and other tools for use in a classroom or program setting.

Using this resource can lead to improved academic outcomes for students with disabilities, greater social integration between students with and without disabilities, increased student and staff awareness of disability-related issues, and a school culture that promotes respect and

equality for all students, regardless of their ability.

Reviewers included a number of individuals at the secondary and collegiate level, including Cathy McKay, Associate Professor at James Madison University, Brian Elliot, Program Coordinator with the University of Michigan Adaptive Sports & Fitness, A.J. Munoz-Bond, Director of Adapted Athletics at San Diego State University, and Melissa Ponzio, PE Teacher with the Bedford School District. In addition, adaptive athletes Lillian Autumn Fought, Aarya Krishnan, and Tomas Woods also reviewed the publication, as well as Paralympian Tyler Carter, the Classification Manager for the United States Olympic and Paralympic Committee.

“As a middle and high school physical education teacher, adapted physical education teacher, coach, and mother of a child with a disability, this workbook resonates with me on many levels. I am incredibly grateful that resources like this exist to help the next generation recognize that people with disabilities are capable of extraordinary things and that adaptive sports are a powerful vehicle for inclusion, confidence, belonging, and achievement,” said Melissa Ponzio Melissa Ponzio, PE Teacher with the Bedford School District. “More importantly, this workbook encourages students to see disability through a strengths-based lens while challenging assumptions and fostering empathy, respect, and a deeper understanding of accessibility.”

Move United is proud to partner with Gatorade through its Fuel Tomorrow Initiative, which is committed to helping create greater access to sport for all youth. Together, Move United and Gatorade work to reduce barriers to participation for individuals with disabilities through community grants for adaptive equipment, support for athletic programming and tournaments, and educational resources such as the Send It Adaptive Sport Workbook, helping schools integrate adaptive sports into their curriculum.

For more information, or to access the new educational resource, visit moveunitedsport.org/send-it-adaptedsport-workbook/.

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