

# M.T.H.S Unified Programs

## T.A.P. Unified Physical Fitness

### T.A.P. Community Based Fitness (CBF)

T.A.P. CBF is a Unified program that engages students with intellectual disabilities with senior students who are neuro typical. CBF strives to provide our students the opportunity to experience different modalities of lifetime exercise within a traditional community setting. Students participate in lifelong fitness activities that all students can carry into their adulthood. Activities include, but are not be limited to:

- Working out at Community Fitness Centers
- Golfing
- Hope Yoga Studio
- Tennis
- Knob Hill Bowling
- Fishing at Thompson Park
- Pickleball at the Monroe Community Center

### Unified Partnership Leadership Program:

CBF Class visits the elementary schools to engage younger students in unified activities.

### Unified Elective Programs

**Project F.U.N. (Falcon Unified Now):** A Unified Club that provides after school activities such as arts & crafts, social events, and other activities to over 60 students with unique abilities.

**Unified Sports:** Soccer, Basketball, & Track & Field

**Special Olympics NJ Bowling**

**UP Fitness:** Zumba, Yoga, & Strength Training

**UP Dance Team**



## T.A.P. Community Worksites include but are not limited to:

- Monroe Village
- Stop & Shop
- Gaskos Family Farm & Greenhouses
- Parker at Monroe
- Forsgate Country Club
- D&T Pizza Restaurant
- Sports Zone
- RISE Greater Goods Thrift Store
- Jamesburg Deacons' Food Cupboard
- Five Below
- LL Bean
- Shop-Rite

### Community-Based Instruction

- Monroe Township Senior Center
- Post Office
- Banks
- Restaurants
- Monroe Township Library
- Jamesburg Library



## **FALCON T.A.P.** **Transitioning Adult Program**

A unique program serving 18-21 year old students with Intellectual Developmental Disabilities (IDD) transitioning from High School to life in their community.

## **Monroe Township High School**

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200 Schoolhouse Road  
Monroe Township, New Jersey 08831

(732) 521-2882

[www.monroe.k12.nj.us](http://www.monroe.k12.nj.us)

Pupil Personnel Services  
609-642-6128

### **STAFF**

- Director of Pupil Personnel
- Supervisor of Special Education
- Case Managers (LDTC, Psy., & SW)
- Special Education Teachers
- General Education Teachers
- Adaptive PE Teacher
- Transition Coordinator
- Speech Language Pathologist
- Physical Therapist
- Occupational Therapist
- Board Certified Behavior Analyst
- Paraprofessionals

## Falcon T.A.P. Overview

### The Goal:

The Transitioning Adult Program (T.A.P.) at Monroe Township High School offers students transitional activities and services in functional life skills development and work readiness skills. T.A.P. provides individual educational programming based on the student's needs. Social Skills are incorporated through our Unified Programs at school, in the community at large, and through other recreational & leisure activities. T.A.P. encompasses school-based classroom instruction, Community-Based Instruction (CBI), and Structured Learning Experiences (SLE's) providing students with career awareness and exploration. Students are immersed in authentic real-world life skills and employment settings when appropriate based on the students' abilities. Some students work independently, and some are accompanied by a job coach. The goal is to fade the assistants as the students become independent. Students with severe disabilities are taught through a hands-on, activity-based program. Repetition of skills and competencies is imperative for a successful transition into post-school settings. The goal is to maximize the potential of each classified student in order to achieve their highest level of independence.

## Curriculum

T.A.P. assists students with developing and practicing the skills they will need in their adult life. The program follows their goals in their Individualized Education Plan (IEP). The specialized curriculum addresses communication and social skills, functional academics, daily living skills, physical fitness and pre-vocational work readiness skills.

The Assessment of Functional Living Skills (AFLS™) is utilized in the program to assess students' skill level across daily living skills and community participation skills.

## Student SLE's

**Clerical/Office Work:** copy, file, folding documents stuff/label envelopes, collate, deliver mail, complete data entry, fill supply orders, shred paper

**Retail Setting:** ticket and stock merchandise, conduct inventory control, gift wrap, sorting size tags, placing tags on hangers, folding shirts, pants and towels

**Manufacturing:** Assembling and packaging, products, sorting items by various categories, disassembling and cleaning of multi-piece products, labeling containers

**Custodial Services:** Vacuuming, dusting, sweeping, mopping floors, washing windows, emptying trash/paper/recyclables

**Food Service Skills:** Filling food containers, washing trays, silverware wrapping, setting tables/clearing tables, filling condiment containers, washing/drying dishes

**Horticulture Skills:** Plant care, gardening and raking