

Physical Education Activity Progression

Activity	Skills/ grade level	Lesson progression	Equipment Needed	Modifications	Options for nonparticipants	Assessments
Pickle ball	9,10,11,12	Level 1 (9/10) - Forehand <ul style="list-style-type: none"> • Backhand • Volley • Serve • Rules and game strategies • Court position • Doubles Games • Tournament • History Level 2 (11/12): Reveiw skills/rules; tournament	nets, raquets, balls	Address modifications in individual student's IEP Non-Competitive drills for lower skilled classes Larger games for higher skilled classes	keep score	quiz, written activities, teacher/partner skill assessment with rubric; rules/scoring assessment
Lacrosse	9,10,11,12	Level 1: Scooping; Cradling; Catching/Throwing; Offensive/Defensive Strategies; Shooting at a Goal ; Small Group Games; Whole Group Games Level 2: review skills, rules; positions; develop set plays; understand how to set a pick	Lax sticks, balls, pinnies, goals, cones	Address modifications in individual student's IEP Non-Competitive drills for lower skilled classes Larger games for higher skilled classes	keep score, ref game, keep time, make substitutions,	quiz, written activities, teacher/partner skill assessment with rubric

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Flag football	10,11	Level 1: Rules, passing/catching:star drill, fish in a barrel, partner work; passing routes in groups (post, flag, drag) carrying football/ hand-offs: partner/groups of 3; Team strategies: small sided games Level 2: Review rules/skills demonstrate kicking; punting; develop set plays; modified game play	Balls (regular & nerf), cones, flags; large buckets or trash can for fish in the barrel	Address modifications in individual student's IEP Non-Competitive drills for lower skilled classes Larger games for higher skilled classes	keep score, ref game, call plays	written assessment; assess if playing by the rules; proper form of throwing catching; knowledge of routes
Outdoor Games	12	Explain rules/regs at the beginning of each game; volleyball: review (students have already had volleyball) warm up with partners/small groups doing bump and set; badminton: warm up passing back and forth with raquet/shuttlecock;	baggo, washers, kan jam, v-ball, horeshoes, badminton, Frisbee, standards and net	Address modifications in individual student's IEP Non-Competitive drills for lower skilled classes Larger games for higher skilled classes	throw/catch frisbee, washers, baggo	written assessment, assess if playing by rules
Ultimate Frisbee	9,10,11,12	Level 1: throwing/catching, rules of game, throwing drills, kan jam and frisbee golf- explain rules and different ways of throwing frisbee to reach "pin"; kan jam Level 2: expain rules of game,modified games, different throwing styles utilizing the "flick" and the "hammer"	Frisbees, kan jam set, lined field, frisbee golf posts	Address modifications in individual student's IEP Non-Competitive drills for lower skilled classes Larger games for higher skilled classes	Extended work on throwing and catching skills, Utilizing Kan Jam game	written assessment, assess throwing/catching

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Tennis	11,12	Level 2: 11th & 12th grade rules, skills, hitting, serving, scoring, game play (doubles and singles depending on class size)	Tennis Courts, Raquets & tennis balls,	Address modifications in individual student's IEP Non-Competitive drills for lower skilled classes Larger games for higher skilled classes	rules, skills, hitting, serving	written assessment, assess volleying/serving
Soccer	9,10,11,12	Level 1 -Passing, shooting, footskills, world cup, power finesse, ghost shooting passing patterns, side line soccer Level 2 - Passing, Shooting, footskills, small sided games, 11v11 games,Formation of their own teams,11v11 games, Tournament style games	Soccer balls, Pinnies, Cones, pug goals, regulation sized soccer goals, lined soccer field, and whistles.	Address modifications in individual student's IEP Non-Competitive drills for lower skilled classes Larger games for higher skilled classes	Score keeping, officiating, Collecting/Carrying Equipment.	written asesment; assess dribbling, passing,

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Fitness	9,10,11,12	Level 1- basic exercises and programs Level 2- advanced excercises programs	fitness trackers,hand weights, kettlebells, medicine balls, resistance bands, weighted bars, exercise balls, mats, jump ropes, clock, steps, weight machines, cardio equipment, music system, TRX bands, exercise programs, body composition caculator	modify excercises	help set up equipment, monitor timed exercises, music	written assessment; pre/post mile time results; fitness tracker and heart rate log; weight room log
Badminton	9,10,11,12	Level 1:basic rules, raquet grip, proper stance, serve, forehand, and backhand strokes. Level 2: advanced strategy and shots-drive, clear, drop, smash, net	standards, nets, racquets, shuttlecocks	Address modifications in individual student's IEP Non-Competitive drills for lower skilled classes Larger games for higher skilled classes	officiate, keep score, keep track of tournament standings	written test, skill assessment

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Golf	11,12	<p>Level 1: Gripping the club, swing mechanics, striking the ball with woods/irons/putter, putting drills</p> <p>Level 2: Rules of Golf, Striking for distance, club selection</p>	<p>Golf Clubs (3-9 irons, Driver/3/5 Woods, pitching wedges, putters) golf balls, plastic practice golf balls, practice pop-up net, putting green, holes, practice hula hoops</p>	<p>Address modifications in individual student's IEP Non-Competitive drills for lower skilled classes Larger games for higher skilled classes</p>	<p>Caddying, Score keeping, retrieving golf balls and equipment, setting up/breaking down the course</p>	<p>Written assessment, skills testing on striking and putting</p>
Table Tennis	10,11	<p>Level 1 - Backhand, Modified Serve, Volleying Rally, Modified games and score keeping</p> <p>Level 2 - Forehand, Proper serve, Tournament and recreation games, Single and Double games.</p>	<p>Ping Pong Tables, Nets, Ping Pong Balls, Tournament sheets.</p>	<p>Address modifications in individual student's IEP Non-Competitive drills for lower skilled classes Larger games for higher skilled classes</p>	<p>Score keeping, officiating, Collecting/Carrying Equipment and tournament scheduling</p>	<p>written assessment, visual assesment on basic skills</p>
Paddle ball	9,10,11,12	<p>Level 1- forehand, backhand, serve, volley, rules and game strategies</p> <p>Level 2- full games, tournament play</p>	<p>paddles, paddle ball, scoreboard</p>	<p>use a wiffle ball instead of paddle to allow more reaction time</p>	<p>students can keep score, help collect balls at the end of class</p>	<p>written assessment, visual assesment on basic skills</p>

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Basketball	9,10,11,12	<p>Level 1- dribbling with dominate hand; shooting within the free throw line (horse, pig, around the world) shooting outside the free throw line(knock out); passing(bounce pass,chest pass,one handed pass with dominate hand, overhead pass, modified transition basketball); modified 5v5 half court; modified sideline basketball</p> <p>Level 2- dribbling with both hands; shooting (21, knock out, make it/take it, basekeball, advanced around the world); passing (transition basketball); 5v5 half court; sideline basketball</p>	<p>basketballs cones pinnies basketball nets flip score board stopwatch/clock</p>	<p>Address modifications in individual student's IEP Non-Competitive drills for lower skilled classes Larger games for higher skilled classes</p>	<p>allow students to have a catch, non-participants can keep score, manage equipment, retrieve foul balls, clean up equipment at conclusion of period</p>	<p>written assessments; skills assessment; sportsmanship; assess the knowledge of rules</p>
Volleyball	9,10,11,12	<p>Level 1 9/10 Positioning on court and prope Rotation Overhead and Underhand Serving, rotation and positioning Level 2: 11/12: Situational games with rotation, serving,& volleying & Full-sided games, Strategy with bumps and sets</p>	<p>Volleyballs, Beach Balls, Eclipse Balls, Nets</p>	<p>can use an eclipse ball or beach to enforce the importance of volleying or students can play modified game of nukem</p>	<p>students can keep score, help collect balls at the end of class</p>	<p>written assessment, assess volleying/serving</p>

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Tchoukball	9,10,11,12	Level 1-catching and throwing groups; throwing and catching in groups off the net; sideline tchoukball Level 2- catching and throwing in pairs; throwing and catching in pairs off the net; 5v5; knowledge of exact rules of play	Tchoukball Tchoukball net cones pinnies stop watch/clock flip score board	no running during play allow unlimited steps while handling the ball unlimited people on court allow ball to fit ground and not be turned over	non-participants can keep score, manage equipment, and retrieve equipment at the end of class	written assessment; assess if students are playing by the rules
Handball	9,10,11,12	Level one: Passing & catching Shooting Dribbling Defense/offense strategies; Defending Opponent; How to score; Out of Bound rules; Basic Rules Level two:Review rules/skills; develop set plays/strategies; tournament play	ball, cones, pinnies	Address modifications in individual student's IEP Non-Competitive drills for lower skilled classes Larger games for higher skilled classes	keep score, ref game	quiz, worksheets, teacher/partner skill assessment with rubric; rules/scoring assessment
Floor Hockey	9,10,11,12	Level 1: Forehand pass o Backhand pass o Trapping o Target Shooting o Shooting at a Goal o Defensive/Offensive strategies o Defending a goal Level 2: review rules; skills. Enforce red line/blue line rules with zone faceoffs	nets, sticks, cones, hockey balls, pinnies (if needed)	Address modifications in individual student's IEP Non-Competitive drills for lower skilled classes Larger games for higher skilled classes	non-participants can keep score, help ref.	quiz, worksheets, teacher/partner skill assessment with rubric; rules/scoring assessment

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Softball	9,10,11,12	<p>Level 1: Throwing, catching, fielding, hitting. Wiffle ball hitting drill, Hitting off a Tee, Ball Everyday Drills (partner groundball toss, forehand/backhand, Pop-ups, short-hop ground balls)</p> <p>Level 2: Situations (1 and 2 out situations, cutoffs), Plays (force outs, double plays, tag ups)</p> <p>Full games: 4 outfielders, no steals</p>	softballs, gloves, bats, scoreboard, tennis balls, wiffle balls, tees	allow students to have a catch in foul territory, use tasks cards with the rules and skills cues	allow students to have a catch, non-participants can keep score, manage equipment, and retrieve foul balls	written assessment, visual assessment on basic skills- throwing, catching, fielding, hitting