

Adapted Physical Education Activity Plan

Activity	Baseball	
Equipment	Tee, cones, variety of balls, whiffle, foam, plastic bats	
Grade Level	3rd	
Concepts	Hitting Catching Base running teamwork	
SHAPE Standards and Grade-Level Outcomes	Standard 1:	
	Standard 2:	
	Standard 3:	
	Standard 4:	
	Standard 5:	
Methods of Instruction	<p><i>* When providing instruction for students with disabilities, always start with the least restrictive form of instruction to allow for the most growth and independency</i></p> <ul style="list-style-type: none"> ↓ Visual instruction (i.e. demonstration, task cards) ↓ Verbal instruction ↓ Adapted equipment ↓ Modified instruction ↓ Hand-under-hand ↓ Hand-over-hand 	
Description	This activity introduces basic baseball skills and game format	
Skill Progressions	Directions	
<ol style="list-style-type: none"> 1. Base running: learning the movement and flow of the game, how to layout the game 2. Hitting 3. Throwing and catching 	<ol style="list-style-type: none"> 1. Students will start at home plate, follow the leader to 1st, 2nd, 3rd, home. At home plate introduce how to get from base to base. 2. Students will be in groups with a tee, thick bat and thin bat and foam ball. Introduce skill cues for hitting without a bat. Progress to bat, then, ball, then a regular bat. Then hitting form a tee, run to 1st with bases loaded. 	
Diagram		
Safety Considerations		

Adaptations and Modifications	Instruction	Equipment	Environment	Rules
	<ul style="list-style-type: none">•	<ul style="list-style-type: none">•	<ul style="list-style-type: none">•	<ul style="list-style-type: none">•
Reflection				