

Adapted Physical Education Activity Plan

Activity	Hockey	
Equipment	Noodles, hockey sticks, (small adapt with noodles), yarn balls, whiffle, gator balls, taped pucks	
Grade Level	k-5	
Concepts		
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		
Skill Progressions	Directions	
<ol style="list-style-type: none"> 1. Dribbling with stick (no ball), stick stay on ground, 2. switching sides with hockey noodle, open space, pathway with cones 3. add puck/ball 4. partner passing to team passing 5. use spots traveling progress to teams, offense and defense 	<ul style="list-style-type: none"> • students will use gym space and move freely around practicing keeping noodle/stick on ground • progressing up to using a puck/ball with partner then team • offense/defense with pinnies • attempt to score and pass with teammates 	
Diagram		

Safety Considerations	Soft noodles/sticks Ball/puck Tripping Mask/goalie			
Adaptations and Modifications	Instruction	Equipment	Environment	Rules
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Reflection				