

Adapted Physical Education Activity Plan

Activity	Volleyball	
Equipment	Beach balls, balloons, big volleyballs, volleyballs	
Grade Level	7-8	
Concepts	Offense, defense Passing, serving, ball control, setting, hitting	
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	Progression through volleyball	
Skill Progressions		Directions
<ol style="list-style-type: none"> 1. Partner toss and hit 2. Partner passing 3. Catching (jail break) 4. Serve receive 5. Two-on-two rotation 6. Full game 		<ol style="list-style-type: none"> 1. Not over net, controlled distance and trajectory 2. Not over net, controlled distance and trajectory 3. Tracking, communication 4. Over net, further distance, tracking 5. Different ball size, different courts, introducing rotations 6. Different ball based on levels of court
Diagram		

Safety Considerations				
Adaptations and Modifications	Instruction	Equipment	Environment	Rules
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Reflection				