

## Adapted Physical Education Activity Plan

<b>Activity</b>	Frisbee	
<b>Equipment</b>	Foam frisbee, poly spot	
<b>Grade Level</b>	K-6	
<b>Concepts</b>		
<b>SHAPE Standards and Grade-Level Outcomes</b>	<b>Standard 1:</b>	
	<b>Standard 2:</b>	
	<b>Standard 3:</b>	
	<b>Standard 4:</b>	
	<b>Standard 5:</b>	
<b>Methods of Instruction</b>	<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"> <li>↓ Visual instruction (i.e. demonstration, task cards)</li> <li>↓ Verbal instruction</li> <li>↓ Adapted equipment</li> <li>↓ Modified instruction</li> <li>↓ Hand-under-hand</li> <li>↓ Hand-over-hand</li> </ul>	
<b>Description</b>	Tossing foam frisbee to partner to 2 steps back to hitting wall target to defense only gets frisbee when it hits the floor to hula hoop goals to 2-3 catches before you can score	
<b>Skill Progressions</b>	<b>Directions</b>	
<ol style="list-style-type: none"> <li>1. Wall</li> <li>2. Mat</li> <li>3. Garbage can</li> </ol>	<ul style="list-style-type: none"> <li>• Changes teams when frisbee hits ground</li> <li>• Technique – how to throw/catch</li> <li>• Complete 3 passes before score</li> <li>• Two step grace</li> <li>• Rotate zones</li> </ul>	
<b>Diagram</b>		
<b>Safety Considerations</b>		

<b>Adaptations and Modifications</b>	<b>Instruction</b>	<b>Equipment</b>	<b>Environment</b>	<b>Rules</b>
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<b>Reflection</b>				