Adapted Physical Education Middle School Units

Unit:	Life Skills grades 6th-8th MS Base Games
Big Ideas:	To understand the basic concepts/rules of base games wiffleball, kickball, softball Be able to perform the basic skills of a force out and running the bases.
Unit Essential Questions:	What are the skills and strategies used to play wiffle ball, kickball and softball? How is sportsmanship and teamwork used in these activities?

Concept & Pacing	New Emphasis (Pa Core Standard)	Key Vocabulary	Mini-Lessons/Activities	Competencies (Skills, Knowledge, Abilities)	Instructional Materials	Assessments
7-10 Days	10.3.6 D 10.3.9 D 10.4.6 F 10.4.9 F 10.5.6 A 10.5.9 A 10.5.6 B 10.5.9 B	Force Out Fly Ball Infield Outfield Catcher Pitcher Tag Over Run Stop on a base	*Identify rules and knowledge of the games *Demonstrate concept knowledge of offense and defense *Participate in catching *Test throwing accuracy *Apply Prompted fielding technique *Use teamwork *Participate in games *Participate in games	Demonstrate the basic concepts, skills, and the rules for Base Games ★ Throwing ★ Catching ★ Batting ★ Kicking ★ Fielding ★ Base Running Participate in Base games.	Bats Soft Balls Bases Kickball Score board Foam bat/sword Pickleball paddle Wiffle ball Tennis ball Sensory grip balls	*Observation of rules, proper procedures, Sportsmanship, safety and participation

Adapted Physical Education Middle School Units

Unit:	Life Skills Grades 6th- 8th Volleyball
Big Ideas:	To understand the basic concepts/rules of volleyball. Be able to perform the basic skills of volleyball to participate in a small group game. Discuss and Compare setting volleyball and modifications.
Unit Essential Questions:	What are the skills and strategies used to play a game of volleyball? How is sportsmanship and teamwork used in these activities?

Concept & Pacing	New Emphasis (Pa Core Standard)	Key Vocabulary	Mini-Lessons/Activities	Competencies (Skills, Knowledge, Abilities)	Instructional Materials	Assessments
10-15 Days	10.3.6 D 10.3.9 D 10.4.6 F 10.4.9 F 10.5.6 A 10.5.9 A 10.5.6 B 10.5.9 B	Volley Pass Set Carry Sitting Volleyball Paralympics	*Apply proper passing technique *Perform group work *Visual Tracking *Monitor accuracy *Develop eye hand/eye Foot Coordination *Demonstrate ball control with balloon or beach ball * Passing with a partner * Passing in small groups *Participate volleyball game * Participate in Sitting Volleyball Game	Demonstrate the basic concepts, skills, and the rules for Volleyball. ★ Underhand Serve ★ Overhand Serve ★ Set ★ Pass ★ Shot/Spike Participate in a Cooperative Volleyball game. Participate in Paralympic Sitting Volleyball	Balloons Beach Balls Giant Beach ball Volley Trainers Net Scoreboard Volleyballs	*Observation of rules, proper procedures, sportsmanship, safety and participation

Adapted Physical Education Middle School Units

Unit:	Life Skills 6th - 8th Grade Basketball
Big Ideas:	To understand the basic concepts/rules of basketball. Be able to perform the modified basic skills of basketball
Unit Essential Questions:	What part of our hand do we dribble with? How can we get the ball in the hoop or to touch the net? What different ways can I pass a basketball?

Concept & Pacing	New Emphasis (Pa Core Standard)	Key Vocabulary	Mini-Lessons/Activities	Competencies (Skills, Knowledge, Abilities)	Instructional Materials	Assessments
8-10 Days	10.3.6 D 10.3.9 D 10.4.6 F 10.4.9 F 10.5.6 A 10.5.9 A 10.5.6 B 10.5.9 B	Foul Jump Shot Lay-Up Shot Set Shot Underhand Shot Triple Threat Turnover Walk/Traveling Double Dribble Carry	*Dribbling Across Gym Floor *Ball Handling Drills *Utilize correct ball manipulative skills *Perform four types of passes *Passes To Teammate-Chest, Bounce, Overhead, Baseball *Catching-Passes From Teammate *Demonstrate lay-up and foul shot technique *2 Right Handed LayUps *2 Left Handed LayUps *Shots From Various spots *Cow/Horse shooting game *Identify offense and defense	Demonstrate the basic concepts, skills, and the rules for Basketball. ★ Dribbling ★ Passing ★ Lay Ups	Basketball with hand placement Kickballs Textile smaller balls Foam Basketballs Basketballs Pinnies Score Board	*Observation of rules, proper procedures, and participation * Sportsmanship and Safety Basketball *Hoops For Heart – Extra Credit

Adapted Physical Education Middle School Units

Unit:	Adapted Fitness Activities Unit
Big Ideas:	Identify and Demonstrate Fitness Activities with modification for at home
Unit Essential Questions:	What areas of fitness do I need to improve on? How long can I walk without stopping? Can I safely walk up and down the steps using the railing and a one foot on each step? What is my goal for improvement? How can I safely exercise at home?

Concept & Pacing	New Emphasis (Pa Core Standard)	Key Vocabulary	Mini-Lessons/Activities	Competencies (Skills, Knowledge, Abilities)	Instructional Materials	Assessments
15 - 20 days	10.1.6 B 10.1.9 B 10.5.6 A 10.5.9 A 10.4. 6 C 10.4.6 C 10.4.6 D 10.4.9 D 10.4.9 F 10.3.6 D 10.3.9 D	Bicep Tricep Abdominal Area Quadricep Hamstring Calf Gluteus Maximus Goal Muscular Strength Muscular Endurance Flexibility Speed Fitness Test	*Running/Walking/Jogging *Talk Test While Exercising *Goal Setting *Modified Fitness Tests * Step endurance * Stair laps * Incline walk * Seated and standing Exercises * Unicorn/ Narwhal Sit and Stand * Ramp Work *Muscle Groups	Skill related Fitness Components: agility, speed, power, balance, coordination, reaction time. Health related fitness components: cardiorespiratory endurance, muscular strength, muscular endurance, flexibility Identify one's individual Fitness level.	Stopwatch Mini Cones Large Cones Standing long jump mat Wrestling mats Risers and Stairwell Folding Chairs/auditorium chairs Pull Up Band Scooters	*Observation of rules, proper procedures, and participation * Fitness Level, Skill Level, Team Work, Sportsmanship *Modified Fitness Tests Based on Completion and attempt 50 yard dash 600 yard run 12 Minute Run/Walk Shuttle Run Standing Long Jump Vertical Jump Pull Ups Right Angle Push Ups Curl Ups Flexibility

Adapted Physical Education Middle School Units

Unit:	Life Skills 6th - 8th Grade Soccer Indoor
Big Ideas:	To understand the basic concepts/rules of soccer. Be able to perform the basic skills of soccer.
Unit Essential Questions:	What are the skills used to play a game of soccer? How is sportsmanship and teamwork used in these activities?

Concept & Pacing	New Emphasis (Pa Core Standard)	Key Vocabulary	Mini-Lessons/Activities	Competencies (Skills, Knowledge, Abilities)	Instructional Materials	Assessments
10-15 Days	10.3.6 D 10.3.9 D 10.4.6 F 10.4.9 F 10.5.6 A 10.5.9 A 10.5.6 B 10.5.9 B	Trap Pass Dribble Throw In Goalie	*Develop eye/foot coordination *Identify goalkeeping *Demonstrate dribbling technique *Demonstrate proper kicking technique *Participate in positional play *Demonstrate knowledge of offense and defense *Identify footwork, instep, do not use toes *Utilizes concept of a trap *Participate in goalie positional play during bench soccer *Use teamwork *Identify rules and knowledge of not using hands during play	Demonstrate the basic concepts, skills, and rules for Soccer. ★ Dribbling ★ Passing ★ Shooting ★ Defensive Goalie Play Participate in a Soccer Skills Games	Indoor Soccer Balls Outdoor Soccer balls Playground balls Foam Soccer Balls Tennis balls Pinnies Score Board Cones	*Observation of rules, proper procedures, and participation

Adapted Physical Education Middle School Units

Unit:	Adapted PE 6th - 8th Grade Safety Unit
Big Ideas:	Demonstrate and practice the basic concepts, skills of personal hygiene. Identify habits and behaviors that keep us safe, clean and healthy.
Unit Essential Questions:	What tasks do we do daily to keep our bodies clean, safe and healthy?

Concept & Pacing	New Emphasis (Pa Core Standard)	Key Vocabulary	Mini-Lessons/Activities	Competencies (Skills, Knowledge, Abilities)	Instructional Materials	Assessments
10-15 Days	10.1.6 E 10.1.9 E 10.2.6 A 10.2.6 B 10.2.9 A 10.2.6 E 10.2.9 E 10.3.6 A 10.3.9 A 10.3.6 D 10.3.9 D	Bacteria Virus transmission less likely more likely REM sleep Sunscreen UV protection Diabetes Asthma Allergies Obesity	*Demonstrate and practice appropriate hygiene habits. *Incorporate an appropriate amount of sleep and rest at home. * Discuss how to prevent skin damage from the sun. * Identify and discuss behaviors that prevent infectious diseases. *Identify and discuss behaviors that prevent chronic diseases. *Identify serious health problems that result from common chronic diseases and conditions among youth, such as allergies, asthma, diabetes, and obesity. *Practice safety crosswalk and looking both ways before crossing the street	Demonstrate the basic concepts, skills, and appropriate time frame of personal hygiene tasks. ★ hand washing ★ sunscreen use ★ not sharing personal items ★ teeth brushing ★ showering and bathing ★ use of deodorant Identify and discuss behaviors that prevent chronic diseases. Identify serious health problems that result from common chronic diseases and conditions among youth, such as allergies, asthma, diabetes, and obesity. .	*www.kidshealth.org *sink, soap, paper towels, hand sanitizer *Clean Challenge: Why Should We Wash Our Hands? Brainchild | Netflix After School	Observation of rules, proper procedures, Sportsmanship, safety and participation