Lehighton Area School District
Curriculum Framework

Course Title:	Adapted Physical Education
Content Area:	Adapted PE
Grade Level(s):	6th-8th Grades
Course Overview:	The adaptive Physical Education program is designed to tailor the learning envirnment to be the least restricted while providing a maximum opportunity for movement and learning. Students in the adaptive program have Physical Education class for forty-five days of a marking periodtwice per year. This is a total of ninety classes per year. This provides a unique opportunity for students to showcase their growth and development throughout the year. Students participate in a variety of movement activities in a variety of learning spaces including outdoors, the gymnasium, and in small group adaptive space. Students participate in skill building activities such as tennis, pickleball, modified bowling, as well as more traditional sports such as basketball, soccer, and volleyball. Strength and Conditioning Fitness is embedded throughout the course allowing students to find success and improvement in their overall abilities. Adaptive Physical education is an essential part of a child's development and the Lehighton Physical Education Department is committed to best practice in education.
PA Core Standards:	PA Academic Standards for Health, Safety, and Physical Education
Key Course Text and Materials:	No Book
Key Assessments/Projects:	Obsservation of rules, proper procedures, sportsmanship, safety, and participation.

Big Idea/Unit: Safety
Pacing: 10-15 days

Standards	Objective/Skill	Vocabulary	Additional Resources	Assessment/Project
10.1.6 E 10.1.9 E 10.2.6 AE 10.2.9 AE 10.3.6 AD 10.3.9 AD	Demonstrate the basic concepts, skills, and appropriate time frame of personal hygiene tasks. 1. Hand Washing 2. Sunscreen Use 3. Not sharing personal items 4. Teeth brushing 5. Showering and bathing 6. Use of deodorant Identify and discuss behaviors that prevent chronic diseses. Identify serious health problems that result from common chronic diseases and conditions among youth, such as allergies, asthma, diabetes, and obesity.	Bacteria Virus Transmission REM Sleep Sunscreen UV Protection Diabetes Asthma Allergies Obesity	www.kidshealth.org	Observation of rules, proper procedures, sportsmanship, safety, and participation.

Big Idea/Unit: 6th-8th Volleyball
Pacing: 10- 15 Days

Standards	Objective/Skill	Vocabulary	Additional Resources	Assessment/Project
10.3.6 D 10.3.9 D 10.4.6 F 10.4.9 F 10.5.6 AB 10.5.9 AB	Demonstrate the basic concepts, skills, and the rules for volleyball. 1. Underhand Serve 2. Overhand Serve 3. Set 4. Pass 5. Shot/Spike Participate in a cooperative volleyball game. Participate in Paralympic Sitting volleyball.	Volley Pass Set Carry Serving Paralympic Sitting Voll	Web based instructional videos to help provide a visaul aid.	Observation of rules, proper procedures, sportsmanship, safety, and participation.

Big Idea/Unit: 6th-8th Base Games
Pacing: 7-10 Days

Standards	Objective/Skill	Vocabulary	Additional Resources	Assessment/Project
10.3.6 D 10.3.9 D 10.4.6 F 10.4.9 F 10.5.6 AB	Demonstrate the basic concepts, skills, and rules for Base Games. 1. Throwing 2. Catching 3. Batting 4. Kicking 5. Fielding 6 Base Running	Force Out Fly Out Infield Outfield Catcher Pitcher Tag Over Run	Web based instructional videos to help provide a	Observation of rules, proper procedures, sportsmanship,

10.5.9 AB	Participate in Base Games.	Stop On Base	visaul aid.	safety, and participation.

Big Idea/Unit:	6th-8th Basketball			
Pacing:	7-10 Days			
Standards	**Objective/Skill**	**Vocabulary**	**Additional Resources**	**Assessment/Project**
10.3.6 D 10.3.9 D 10.4.6 F 10.4.9 F 10.5.6 AB 10.5.9 AB	Demonstrate the basic concepts, skills, and rules for basketball. 1. Dribbling 2. Passing 3. Shooting	Foul Jump Shot Lay-Up Shot Set Shot Underhand Shot Triple Threat Turnover Walk/Traveling Double Dribble Carry	Web based instructional videos to help provide a visaul aid.	Observation of rules, proper procedures, sportsmanship, safety, and participation.

Big Idea/Unit:	Fitness Activities			
Pacing:	15-20 Days			
Standards	**Objective/Skill**	**Vocabulary**	**Additional Resources**	**Assessment/Project**
10.1.6 B 10.1.9 B 10.3.6 D 10.3.9 D 10.4.6 CDF 10.4.9 CDF 10.5.6 A 10.5.9 A	Skill related Fitness Components; agility, speed, power, balance, coodination, and reaction time. Health related Fitnesss Components; cardiorespiratory endurance, muscular strength, muscular endurance, and flexibility. Identify one's individual Fitness Level.	Bicep Tricep Abdominal Area Quadricep Hamstring Calf Gluteus Maximus Goal Muscular Strength Muscular Endurance Flexibility Speed Fitness Test	Web based instructional videos to help provide a visaul aid.	Observation of rules, proper procedures, sportsmanship, safety, 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 Right Angle Push Ups Curl Ups Flexibility

Big Idea/Unit:	6th-8th Net / Racket Games			
Pacing:	7-10 Days			
Standards	**Objective/Skill**	**Vocabulary**	**Additional Resources**	**Assessment/Project**

10.3.6 D 10.3.9 D 10.4.6 F 10.4.9 F 10.5.6 AB 10.5.9 AB	Demonstrate the basic concepts, skills, and rules for Base Games. 1. Hand Grip 2. Backhand and Forehand Swing 3. Contacting the ball with force and finesse. 4. Tracking a moving object. 5. Court positioning 6. Understand the Game/ Court Boundries Participate in Modified Racket Games.	Forehand Backhand Contact Point Racket Net Rally Scoring Grip	Pickleball / Tennis - Web based video content	Observation of rules, proper procedures, sportsmanship, safety, and participation.