

Curriculum Guide Resources

Adaptive Physical Education Activity Based Resources

Content/Knowledge/Skill	Instructional Strategies (Least to Most Restrictive)	Assessment (Indicator)	Resources
Aerobics and Conditioning	<p><u>Adaptive Equipment:</u></p> <ul style="list-style-type: none"> • theraband/ theraputty • squeeze ball • hand weights • stationary bike • exercise ball • punching bag • tunnel • wheelchair workout video <p><u>Adaptive Rules:</u></p> <ul style="list-style-type: none"> • walker to straddle step • reduce pace, steps, time frame • allow fewer movements <p><u>Assist:</u></p> <ul style="list-style-type: none"> • demonstrate/model • verbal & visual cues • partner • guidance • hand-over-hand <p><u>Modify:</u></p> <ul style="list-style-type: none"> • parallel activity (Individual program) • be a “personal trainer” 	<p>1. Randazzo, D. and K. Corless, <u>Activity for Everyone</u>. pg. 52-55</p>	<p>1. Randazzo, D. and K. Corless <u>Activity for Everyone</u>.</p>

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Volleyball	<p><u>Adaptive Equipment:</u></p> <ul style="list-style-type: none"> • alternate ball- lighter, bright, sound • lower net • alternate racket • use of velco/glove • floor markers <p><u>Adaptive Rules:</u></p> <ul style="list-style-type: none"> • allow to catch • serve- roll off lap or closer to net • smaller court • allow ball to bounce, go under net or partner to bump & set • more players on a side • player can remain stationary <p><u>Assist:</u></p> <ul style="list-style-type: none"> • demonstrate & model • verbal & visual cues • partner • guidance • hand-over-hand <p><u>Modify:</u></p> <ul style="list-style-type: none"> • score • officiate • equipment 	<p>1. Randazzo, D. and K. Corless <u>Activity for Everyone.</u> pg. 165-171.</p>	<p>1. Randazzo, D. and K. Corless <u>Activity for Everyone.</u></p>

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Track & Field	<p><u>Adaptive Equipment:</u></p> <ul style="list-style-type: none"> • discuss – frisbee • highjump – lower bar or no bar • shot put – alternate ball, sling shot • relays/dashes – wrist “lead,” guide ropes • hurdles – alternate, lower <p><u>Adaptive Rules:</u></p> <ul style="list-style-type: none"> • alternate mode of movement/task completion • someone to push wheelchair • shorter distances • head start • last person in order to achieve success (i.e. cross finish line) <p><u>Assist:</u></p> <ul style="list-style-type: none"> • demonstrate & model • verbal & visual cues • partner • guidance • hand-over-hand <p><u>Modify:</u></p> <ul style="list-style-type: none"> • score • officiate • equipment 	<p>1. Randazzo, D. and K. Corless <u>Activity for Everyone</u>. pg. 68-77.</p>	<p>1. Randazzo, D. and K. Corless <u>Activity for Everyone</u>.</p>

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Gymnastics	<p><u>Adaptive Equipment:</u></p> <ul style="list-style-type: none"> • Lower, wider or replace with similar item • Markers for positioning (i.e. handprints on mats) <p><u>Adaptive Rules:</u></p> <ul style="list-style-type: none"> • alter movement – scoot, roll, crawl, go under or parallel if in wheelchair <p><u>Assist:</u></p> <ul style="list-style-type: none"> • demonstrate & model • verbal & visual cues • partner • guidance • hand-over-hand <p><u>Modify:</u></p> <ul style="list-style-type: none"> • individualized program as per Dr./PT recommendations 	<p>1. Randazzo, D. and K. Corless <u>Activity for Everyone</u>. pg. 129-132 and 160-164.</p>	<p>1. Randazzo, D. and K. Corless <u>Activity for Everyone</u>.</p>

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Badminton	<p><u>Adaptive Equipment:</u></p> <ul style="list-style-type: none"> • highly visible boundaries • alternate racket • use of velcro/glove • birdie- bright, oversized, sponge ball or sound ball <p><u>Adaptive Rules:</u></p> <ul style="list-style-type: none"> • smaller court • lower net • alter position – remain stationary • birdie can hit the floor • birdie on racket and toss up • more players on a side <p><u>Assist:</u></p> <ul style="list-style-type: none"> • demonstrate & model • verbal & visual cues • partner • guidance • hand-over-hand <p><u>Modify:</u></p> <ul style="list-style-type: none"> • score • officiate • equipment 	1. Randazzo, D. and K. Corless <u>Activity for Everyone.</u> pg. 78-85.	1. Randazzo, D. and K. Corless <u>Activity for Everyone.</u>

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Flag Football	<p><u>Adaptive Equipment:</u></p> <ul style="list-style-type: none"> • helmet • alternate ball such as nerf football • make “flags” very visible & easy to grasp <p><u>Adaptive Rules:</u></p> <ul style="list-style-type: none"> • participate from sidelines • touch flag or someone hands it to them • position near goal for success • roll ball from lap <p><u>Assist:</u></p> <ul style="list-style-type: none"> • demonstrate & model • verbal & visual cues • partner • guidance • hand-over-hand <p><u>Modify:</u></p> <ul style="list-style-type: none"> • score • officiate • equipment 	<p>1. Randazzo, D. and K. Corless <u>Activity for Everyone</u>. pg. 113-120.</p>	<p>1. Randazzo, D. and K. Corless <u>Activity for Everyone</u>.</p>

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<p align="center">Hockey</p>	<p><u>Adaptive Equipment:</u></p> <ul style="list-style-type: none"> • alternate stick • use of velcro/glove • replace puck with larger target and brighter color. <p><u>Adaptive Rules:</u></p> <ul style="list-style-type: none"> • allow play from sidelines • more players on a side • goalie with smaller area to guard • allow to remain stationary <p><u>Assist:</u></p> <ul style="list-style-type: none"> • demonstrate & model • verbal & visual cues • partner • guidance • hand-over-hand <p><u>Modify:</u></p> <ul style="list-style-type: none"> • score • officiate • equipment 	<p>1. Randazzo, D. and K. Corless <u>Activity for Everyone</u>. pg. 105-112.</p>	<p>1. Randazzo, D. and K. Corless <u>Activity for Everyone</u>.</p>

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Basketball	<p><u>Adaptive Equipment:</u></p> <ul style="list-style-type: none"> • helmet • alternate ball- smaller, lighter, bright, sound • lower goal or use a basket, barrel, bucket or target • well marked boundaries <p><u>Adaptive Rules:</u></p> <ul style="list-style-type: none"> • smaller court • substitute often • 2-handed dribbling or no dribbling • allow traveling • zone defense <p><u>Assist:</u></p> <ul style="list-style-type: none"> • demonstrate & model • verbal & visual cues • partner • guidance • hand-over-hand <p><u>Modify:</u></p> <ul style="list-style-type: none"> • score • officiate • equipment 	<p>1. Randazzo, D. and K. Corless <u>Activity for Everyone</u>. pg. 86-93</p>	<p>2. Randazzo, D. and K. Corless <u>Activity for Everyone</u>.</p>

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Softball/baseball	<p><u>Adaptive Equipment:</u></p> <ul style="list-style-type: none"> • lighter, bright or sound ball • lighter bat • helmet • T-ball set up • velcro ball & mitt • scoop for catching • large, bright bases <p><u>Adaptive Rules:</u></p> <ul style="list-style-type: none"> • shorter distances • push ball off lap, ramp, or from tee <p><u>Assist:</u></p> <ul style="list-style-type: none"> • demonstrate & model • verbal & visual cues • partner • guidance • hand-over-hand <p><u>Modify:</u></p> <ul style="list-style-type: none"> • score • officiate • equipment 	<p>1. Randazzo, D. and K. Corless, <u>Activity for Everyone</u>. pg. 145-151.</p>	<p>1. Randazzo, D. and K. Corless <u>Activity for Everyone</u>.</p>

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Golf	<p><u>Adaptive Equipment:</u></p> <ul style="list-style-type: none"> • crochet mallet, plastic club, bat • brighter and larger balls • use of velcro/glove <p><u>Adaptive Rules:</u></p> <ul style="list-style-type: none"> • shorter distances • score within a perimeter of hole <p><u>Assist:</u></p> <ul style="list-style-type: none"> • demonstrate & model • verbal & visual cues • partner • guidance • hand-over-hand <p><u>Modify:</u></p> <ul style="list-style-type: none"> • miniature golf • score • “caddy” 	1. Randazzo, D. and K. Corless. <u>Activity for Everyone</u> . Pg. 121-128.	1. Randazzo, D. and K. Corless. <u>Activity for Everyone</u>
Bowling	<p><u>Adaptive Equipment:</u></p> <ul style="list-style-type: none"> • plastic ball and pins • floor markers • ramps • bumpers <p><u>Adaptive Rules:</u></p> <ul style="list-style-type: none"> • roll off lap • remain stationary • 2-hand delivery • reduce steps on approach <p><u>Assist:</u></p> <ul style="list-style-type: none"> • demonstrate & model • verbal & visual cues • guidance • hand-over-hand <p><u>Modify:</u></p> <ul style="list-style-type: none"> • score 	1. Randazzo, D. and K. Corless. <u>Activity for Everyone</u> . Pg. 94-98.	Randazzo, D. and K. Corless. <u>Activity for Everyone</u> . Pg.

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Soccer	<p><u>Adaptive Equipment:</u></p> <ul style="list-style-type: none"> • mark shoe with bright tape for striking point • softer, bright or sound ball <p><u>Adaptive Rules:</u></p> <ul style="list-style-type: none"> • strike, throw ball, roll from lap • walk • use hands • participate from sidelines • reduce playing area • 2 goalies (disabled & non-disabled) • forward, fullback or goalie for greater success <p><u>Assist:</u></p> <ul style="list-style-type: none"> • demonstrate & model • verbal & visual cues • partner • guidance • hand-over-hand <p><u>Modify:</u></p> <ul style="list-style-type: none"> • score • officiate • equipment 	<p>1. Randazzo, D. and K. Corless. <u>Activity for Everyone</u>. Pg. 138-144.</p>	<p>1. Randazzo, D. and K. Corless. <u>Activity for Everyone</u>.</p>

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<p align="center">Archery</p>	<p><u>Adaptive Equipment:</u></p> <ul style="list-style-type: none"> • anchored bow • lightest and bright-colored arrows • larger & brighter target • low powered cross-bow <p><u>Adaptive Rules:</u></p> <ul style="list-style-type: none"> • shorter distance • 1 score for anywhere on target <p><u>Assist:</u></p> <ul style="list-style-type: none"> • demonstrate & model • verbal & visual cues • partner • guidance • hand-over-hand <p><u>Modify:</u></p> <ul style="list-style-type: none"> • throw at a target • sticky-dart game • jarts • scoring 	<p>1. Randazzo, D. and K. Corless. <u>Activity for Everyone</u>. Pg. 52-55.</p>	<p>1. Randazzo, D. and K. Corless. <u>Activity for Everyone</u>.</p>

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<p align="center">Table Tennis</p>	<p><u>Adaptive Equipment:</u></p> <ul style="list-style-type: none"> • lower table • use of velcro/glove • brighter and larger balls • table bumpers <p><u>Adaptive Rules:</u></p> <ul style="list-style-type: none"> • more than 1 bounce <p><u>Assist:</u></p> <ul style="list-style-type: none"> • demonstrate & model • verbal & visual cues • partner • guidance • hand-over-hand <p><u>Modify:</u></p> <ul style="list-style-type: none"> • score • officiate • equipment 	<p>1. <u>Randazzo, D. and K. Corless. Activity for Everyone. Pg. 44-47.</u></p>	<p>1. <u>Randazzo, D. and K. Corless. Activity for Everyone.</u></p>

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<p>Tennis (Racket sports)</p>	<p><u>Adaptive Equipment:</u></p> <ul style="list-style-type: none"> • balls – lighter, brighter, larger • racket – shorter handle, built-up handle • use of velcro/glove • lower net or no net • helmet <p><u>Adaptive Rules:</u></p> <ul style="list-style-type: none"> • strike from tee • drop serve • smaller court • play from sidelines • position close to net <p><u>Assist:</u></p> <ul style="list-style-type: none"> • demonstrate & model • verbal & visual cues • partner • guidance • hand-over-hand <p><u>Modify:</u></p> <ul style="list-style-type: none"> • score • officiate • equipment 	<p>1. Randazzo, D. and K. Corless. <u>Activity for Everyone</u>. Pg. 152-159.</p>	<p>1. Randazzo, D. and K. Corless. <u>Activity for Everyone</u>.</p>

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Swimming	<p><u>Adaptive Equipment:</u></p> <ul style="list-style-type: none"> • shower chair, lift, sling to enter and exit water safely • nose and ear plugs • aqua shoes • life jacket • flotation devices <p><u>Adaptive Rules:</u></p> <ul style="list-style-type: none"> • no timed activities • adapt strokes • individualized program as per Dr./PT recommendations <p><u>Assist:</u></p> <ul style="list-style-type: none"> • demonstrate & model • safety “spotter” or “lookout” • verbal & visual cues • partner • guidance • hand-over-hand <p><u>Modify:</u></p> <ul style="list-style-type: none"> • time keeper • sit on edge and kick 	<p>1. Randazzo, D. and K. Corless. <u>Activity for Everyone</u>. Pg. 56-67.</p>	<p>1. Randazzo, D. and K. Corless. <u>Activity for Everyone</u>.</p>

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Dance & Movement	<p><u>Adaptive Equipment:</u></p> <ul style="list-style-type: none"> • scarves, ribbons • floor markers & tape • metronome • instruments or stereo on wooden floor for vibrations • mark limbs with colored tape for left & right <p><u>Adaptive Rules:</u></p> <ul style="list-style-type: none"> • change locomotor patterns • reduce number of actions • use alternate body parts <p><u>Assist:</u></p> <ul style="list-style-type: none"> • demonstrate & model • verbal & visual cues • partner • guidance • hand-over-hand <p><u>Modify:</u></p> <ul style="list-style-type: none"> • instruments • run music 	<p>1. Randazzo, D. and K. Corless. <u>Activity for Everyone</u>. Pg. 101-104.</p>	<p>1. Randazzo, D. and K. Corless. <u>Activity for Everyone</u>.</p>