

# Sport Skills and Teamwork

*Purpose*: The importance of sports and teamwork cannot be overestimated in secondary physical education. The framework of good sporting behavior, basic skill, and problem solving will help students not only in class but also in the world of work. Introduction of these skills at the appropriate developmental level is essential for successful performance in adulthood.

*Unit adaptations:* There are many ways of adapting the curriculum for children with disabilities, and it is imperative that the modifications for each child be specific to his or her needs. For example, if a child has spina bifida and uses a wheelchair, adaptations might include allowing more bounces in tennis or more hits in volleyball, or using a bigger ball for soccer or modified rules for badminton

Assessment options: In this section, each unit includes at least one rubric for evaluating the process or product of movements; you might also create your own rubrics. Instructors can also create checklists and rating scales and have students keep journals, all of which can be included in student portfolios (see chapter 2).

Here are some ideas that can be used in teaching various physical activities; they involve equipment that can be used, rules that can be modified, environments that can be altered, and instructions that can be varied. Instructors can check off those that apply to the learner or those that the learner can accomplish.

# SOFTBALL

## **Potential Modifications and Adaptations**

Equipment	Rules	Environment	Instruction
□ Beeper ball	☐ Hit off of tee	☐ Ropes leading to bases	☐ Verbal cues
☐ Auditory ball	$\hfill\Box$ Hit off of ground	☐ Guide rails	☐ Demonstration/model
☐ Bell ball	☐ Hit hanging ball	$\ \square$ Chalk lines to bases	☐ Physical assistance
☐ Tactile ball	☐ All bat before switching	☐ Tactile lines	☐ Peer tutor
☐ Bright ball	☐ Vary number of strikes	☐ Auditory lines	☐ Paraeducator
☐ Nerf ball	☐ Time limitations	☐ Bright lines	☐ Task cards (enlarged if
☐ Wiffle ball	☐ Vary number of people in	$\hfill\Box$ Cones next to bases	needed)
☐ Softball	the outfield	$\ \square$ Clap behind bases to add	□ Pictures
□ Velcro ball	<ul> <li>Vary number of people in the infield</li> </ul>	auditory cue for those who need one	☐ Tactile modeling
☐ Bigger ball		□ On field	☐ Guided discovery
☐ Lighter ball	<ul><li>☐ Two bases only</li><li>☐ Point for each base</li></ul>		☐ Problem solving
☐ Colored ball	☐ Boundary limitations	<ul><li>□ On pavement</li><li>□ In gymnasium</li></ul>	☐ Task analysis
☐ Buzzer on bases	□ No tag-outs	☐ Shorter base distance	<ul> <li>Proximity (instructor stands close to student</li> </ul>
☐ Flat bases	☐ Tag-outs on bases (you	☐ Shorter pitching distance	with disability)
☐ Thick bases	can tag the base to get	Shorter pitching distance	☐ Task-analyze skills
☐ Bigger bases	someone out)		☐ Individualized instruction
☐ Safety base	☐ Peer runner/guide		☐ Sign language
☐ Wiffle bats	□ No score		□ Feedback
☐ Fat bats	□ No double play		
☐ Short-handled bats	☐ Rotate positions		
☐ Long-handled bats	$\ \square$ Two extra tosses to field		
☐ Regulation bats	players (add a rule that the		
☐ Batting tee	ball must be thrown to two people in the field before		
<ul> <li>Gloves and catcher's mitt different sizes and</li> </ul>	they can attempt an out)		
textures	$\ \square$ Ground pass		
□ Helmet	□ Out in air or on bounce		
☐ Pinnies to distinguish teams	<ul> <li>Throw ball to make an out to a base before the runner gets there</li> </ul>		

## **Example 1: Throwing**

Task description	Student will throw the ball from shortstop to first base.
Scale components	(a) Form of throw, (b) distance, (c) accuracy
Rubric level and color	Rubric descriptors
1. White	Student can throw ball from shortstop position to second base most of the time.
2. Yellow	Student can throw ball with opposite-foot step, weight shift, hip rotation, and a follow-through across the body, from shortstop position to second base, most of the time.
3. Orange	Student can throw a ball, with proper form, from shortstop position to second base, 75 percent of the time.
4. Green	Student can throw a ball, with proper form, from shortstop position to first base, 75 percent of the time.
5. Blue	Student can throw a ball, with proper form, from shortstop position to first base, 85 percent of the time.
6. Brown	Student can throw a ball, with proper form, from shortstop position to first base, so first base player can catch the ball, 85 percent of the time.
7. Black	Student can throw a ball, with proper form, from shortstop position to first base, so first base player can catch the ball, 95 percent of the time.

## **Example 2: Fielding**

Task description	Student will show proper form and skill in fielding the ball.
Scale components	(a) Proper form, (b) percentage of stopped balls
Rubric level and color	Rubric descriptors
1. White	Student knows ready position in the field and can show this 100 percent of the time.
2. Yellow	Student keeps knees bent and eyes on the ball most of the time when the ball is hit to him or her.
3. Orange	Student keeps knees bent, eyes on the ball, and glove down on the ground, most of the time when the ball is hit to him or her.
4. Green	Student keeps knees bent, eyes on the ball, glove down on the ground, body behind the ball, and non-glove hand covering the ball, most of the time when the ball is hit to him or her.
5. Blue	Student uses proper form for fielding a ball and slides right or left to field any ball hit near him or her most of the time.
6. Brown	Student uses proper form for fielding a ball, slides right or left to field any ball near him or her 75 percent of the time, and stops at least 50 percent of the balls that come near.
7. Black	Student uses proper form for fielding a ball, slides right or left to field any ball near him or her 95 percent of the time, and stops at least 95 percent of the balls that come near.

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## **Example 3: Batting**

Task description	Student will bat a ball from a tee or when pitched to him or her.
Scale components	(a) Form, (b) hitting percentage
Rubric level and color	Rubric descriptors
1. White	Student can hit a ball off of a tee, with shoulder to outfield and nondominant foot forward, most of the time.
2. Yellow	Student can hit a ball off of a tee, with shoulder to outfield, nondominant foot forward, and weight shift to front foot, most of the time.
3. Orange	Student can hit a ball off of a tee, with shoulder to outfield, nondominant foot forward, weight shift to front foot, ball contact in front of front foot, and follow-through with the bat, most of the time.
4. Green	Student can hit a ball off a tee, with shoulder to outfield, nondominant foot forward, weight shift to front foot, ball contact in front of front foot, and follow-through with the bat, 90 percent of the time.
5. Blue	Student can bat a ball, with proper form, from a pitch, contacting the ball 50 percent of the time.
6. Brown	Student can bat a ball, with proper form, from a pitch, contacting the ball 75 percent of the time.
7. Black	Student can bat a ball, with proper form, from a pitch, contacting the ball 75 percent of the time, and hit it in desired direction 50 percent of the time.

## BASKETBALL

## **Potential Modifications and Adaptations**

Equipment	Rules	Environment	Instruction
□ Basketball □ Large ball □ Small ball □ Bright ball □ Textured ball □ Heavy ball □ Light ball	□ Increase number of fouls allowed □ No 3-second rule □ No double-dribble rule □ Can walk with ball without dribbling □ Different points awarded for baskets □ Extra step on lay-up □ Undefended	<ul> <li>□ Cones as boundaries</li> <li>□ Bright boundaries</li> <li>□ Ropes as boundaries</li> <li>□ Beeper/auditory boundaries</li> <li>□ Visual shooting line</li> <li>□ Smooth surface</li> </ul>	<ul> <li>□ Verbal cues</li> <li>□ Demonstration/model</li> <li>□ Physical assistance</li> <li>□ Peer tutor</li> <li>□ Paraeducator</li> <li>□ Task cards (enlarged if needed)</li> </ul>
<ul> <li>□ Foam ball</li> <li>□ Nerf ball</li> <li>□ Beach ball</li> <li>□ Deflated ball</li> <li>□ Auditory ball</li> <li>□ Buzzer basket</li> <li>□ High basket</li> <li>□ Low basket</li> <li>□ Bright basket</li> </ul>	<ul> <li>□ No defense for X number of seconds</li> <li>□ Free shooting (no defense)</li> <li>□ Everyone touches ball before a shot is attempted</li> <li>□ Pass X number of times before a shot is attempted</li> <li>□ Vary playing times</li> <li>□ Limit boundaries</li> <li>□ Small-sided games (e.g., 3v3)</li> <li>□ Increase number of players</li> </ul>	☐ Modify court size ☐ Stations	<ul> <li>□ Pictures</li> <li>□ Tactile modeling</li> <li>□ Guided discovery</li> <li>□ Problem solving</li> <li>□ Task analysis</li> <li>□ Proximity (instructor stands close to student with disability)</li> <li>□ Interpreter</li> <li>□ Individualized instruction</li> </ul>
□ Wide basket	= moreage number of players		(one-to-one) □ Sign language □ Feedback

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## **Example 1: Dribbling**

Student will dribble a basketball around cones and inactive defensive players.
(a) Form, (b) control
Rubric descriptors
Student dribbles in place, using fingertips at waist height, with ball contacting floor in front of (or to the outside of) the foot on the same side as the dribbling hand, most of the time.
Student dribbles while walking around eight cones placed 5 feet (1.5 meters) apart, using fingertips at waist height, with ball contacting floor in front of (or to the outside of) the foot on the same side as the dribbling hand, most of the time.
Student dribbles with proper form, while walking around eight cones placed 5 feet apart, controlling the ball 50 percent of the time.
Student dribbles with proper form, while jogging around eight cones placed 5 feet apart, controlling the ball 50 percent of the time.
Student dribbles with proper form, while jogging around eight cones placed 5 feet apart, controlling the ball 75 percent of the time.
Student dribbles with proper form, while jogging around eight cones placed 5 feet apart, controlling the ball 75 percent of the time with dominant hand and 50 percent of the time with nondominant hand.
Student dribbles with proper form, while jogging around eight stationary defenders placed 5 feet apart, controlling the ball 75 percent of the time with dominant hand and 50 percent of the time with nondominant hand.

## **Example 2: Foul Shot**

Task description	Student will shoot foul shots from the foul line.
Scale components	(a) Form, (b) accuracy
Rubric level and color	Rubric descriptors
1. White	Student attempts to shoot foul shot from 5 feet (1.5 meters) in front of the foul line.
2. Yellow	Student faces the basket from 5 feet in front of the foul line with knees bent, dominant hand palm-up under ball, and nondominant hand supporting ball from side, most of the time.
3. Orange	Student faces the basket from 5 feet in front of the foul line, with knees bent, dominant hand palm-up under ball, nondominant hand supporting ball from side, and with knee and arm extension during the shot, most of the time.
4. Green	Student shoots foul shot with proper form from the foul line.
5. Blue	Student shoots foul shot, with proper form, from the foul line, and hits the rim most of the time.
6. Brown	Student shoots foul shot, with proper form, from the foul line, and makes 7 out of 10 shots.
7. Black	Student shoots foul shot, with proper form, from the foul line, and makes at least 8 out of 10 shots.

## Example 3: Game Play

Task description	Student will be evaluated on offensive skills during game play.
Scale components	(a) Use of passes, dribbling, and shooting, (b) ability to retain ball on offensive side or to score
Rubric level and color	Rubric descriptors
1. White	Student properly uses bounce pass and chest pass during game play.
2. Yellow	Student properly uses the triple threat by obtaining possession and then dribbling, passing, or shooting, according to the appropriate option, 50 percent of the time.
3. Orange	Student uses the triple threat by obtaining possession and then dribbling, passing, or shooting, according to the appropriate option, 75 percent of the time.
4. Green	Student dribbles around defenders and retains possession, completes passes, and shoots accurately (i.e., hits basket rim or backboard, or makes the shot), 50 percent of the time.
5. Blue	Student dribbles around defenders and retains possession, completes passes, and shoots accurately, 75 percent of the time.
6. Brown	Student assists others in shooting by passing to an open teammate 75 percent of the time.
7. Black	Student properly uses triple threat and displays appropriate skills 95 percent of the time, with accuracy in passing, shooting, and dribbling at least 50 percent of the time.

## SOCCER

## **Potential Modifications and Adaptations**

Equipment	Rules	Environment	Instruction
□ Soccer ball	☐ Hands used for protection	☐ Cones as boundaries	□ Verbal cues
□ Large ball	☐ No heading	□ Bright boundaries	☐ Demonstration/model
☐ Small ball	□ Walk with ball	☐ Ropes as boundaries	☐ Physical assistance
☐ Bright ball	☐ Stay in assigned area	□ Visual shooting line	☐ Peer tutor
☐ Textured ball	☐ Peer places ball on ground	□ Beeper/	☐ Paraeducator
☐ Heavy ball	for kicking	auditory boundaries	☐ Task cards (enlarged if needed)
☐ Light ball	☐ Undefended	☐ Smooth surface	□ Pictures
☐ Foam ball	☐ No defense for X number of	☐ Modified field size	☐ Tactile modeling
□ Nerf ball	seconds	☐ Stations	☐ Guided discovery
☐ Beach ball	☐ Free shooting (no defense)		☐ Problem solving
☐ Deflated ball	<ul><li>Everyone touches ball before shots on goal</li></ul>		☐ Task analysis
☐ Auditory ball	☐ Pass X number of times		☐ Proximity (instructor stands
□ Bell ball	before shots on goal		close to student with disability)
☐ Ball on string	☐ Vary playing times		☐ Interpreter
□ Front bumper on chair	☐ Limit boundaries		☐ Individualized instruction (one-to-one)
☐ Bells on net	□ Lane soccer		☐ Sign language
☐ Buzzer on net	☐ Small-sided games		☐ Feedback
□ Wider goal			Feedback
☐ Smaller goal			
☐ Bright goal			
□ Flags			
□ Cones			
☐ Shin guards			
☐ Mouth guards			

## **Example 1: Dribbling**

Task description	Student can dribble using both inside and outside of foot against a defender.
Scale components	(a) Form, (b) velocity of performance, (c) radius of direction change, (d) number of defenders
Rubric level and color	Rubric descriptors
1. White	Student attempts to dribble with dominant foot and nondominant foot.
2. Yellow	Student dribbles with inside of each foot through 10 cones located 7 feet (2.1 meters) apart, up and back, without losing the ball.
3. Orange	Student dribbles fast, with outside of each foot, through 10 cones located 7 feet apart, up and back, without losing the ball.
4. Green	Student dribbles fast, with inside and outside of each foot, through 10 cones located 5 feet (1.5 meters) apart, up and back, without losing the ball.
5. Blue	Student dribbles against a defender, with inside and outside of foot, for 30 yards (27.4 meters).
6. Brown	Student dribbles against a defender through 10 cones located 5 feet apart, up the field without losing the ball.
7. Black	Student dribbles against two defenders, for 30 seconds, within a 20-yard (18.3-meter) radius, using the inside and outside dribble, without losing the ball.

#### **Example 2: Passing**

Task description	Student can perform an exact pass, using the inside or outside of the foot, to a standing or moving partner.
Scale components	(a) Form, (b) number of performances, (c) motion
Rubric level and color	Rubric descriptors
1. White	Student attempts to pass with dominant foot and nondominant foot.
2. Yellow	Student passes with inside of the foot to a partner standing 10 feet (3 meters) away, using each foot 10 times.
3. Orange	Student passes with outside of the foot to a partner standing 10 feet away, using each foot 10 times.
4. Green	Student passes with inside or outside of the foot, to a partner standing 20 feet (6.1 meters) away, using each foot 10 times (5 with the inside foot and 5 with the outside foot).
5. Blue	Student passes, using only the inside of the foot, to a partner moving up and down the field, without losing control.
6. Brown	Student passes, using only the outside of the foot, to a partner moving up and down the field, without losing control.
7. Black	Student passes to a partner 20 yards upfield, leading the receiver on the run, keeping ball within 5 feet (1.5 meters) of the receiver's foot, 8 out of 10 times.

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## Example 3: Game Play

Task description	Student can play and be an active participant in a soccer game.
Scale components	(a) Dribbling, (b) passing, (c) defense, (d) shooting (all performed consistently during a scrimmage or game situation)
Rubric level and color	Rubric descriptors
1. White	Student participates in a 3v3 game, demonstrates a dribble and a pass when on offense, and shows knowledge of defense when his or her team is on defense.
2. Yellow	Student participates in a 3v3 game, consistently demonstrates a dribble and a pass when on offense, and consistently shows knowledge of defense when team is on defense.
3. Orange	Student participates in a 5v5 scrimmage, consistently demonstrates a dribble and a pass when on offense, and consistently shows knowledge of defense when team is on defense.
4. Green	Student demonstrates all previous skills, cuts for a pass, and shoots on goal when a shot is available.
5. Blue	Student demonstrates all previous skills, consistently cuts for a pass, and consistently shoots on goal when a shot is available.
6. Brown	Student participates in a full-field soccer game, with consistent offensive and defensive skills, for at least 10 minutes.
7. Black	Student participates in a full-field soccer game, with consistent offensive and defensive skills, for at least 15 minutes.

## TENNIS

## **Potential Modifications and Adaptations**

Equipment	Rules	Environment	Instruction
□ Tennis ball	☐ Hit off of tee for serve	☐ Play against wall	□ Verbal cues
☐ Large ball	☐ Bounce serve	☐ Extended boundaries	☐ Demonstration/model
☐ Bright ball	☐ Two-step serve	☐ Limited boundaries	☐ Physical assistance
☐ Heavy ball	☐ Unlimited steps for serve	☐ Cones as boundaries	□ Peer tutor
☐ Light ball	☐ More than one bounce	☐ Bright boundaries	□ Paraeducator
☐ Foam ball	☐ Vary points awarded	☐ Ropes as boundaries	☐ Task cards (enlarged if needed)
☐ Nerf ball	☐ Bounce the ball and hit it with	☐ Beeper/auditory	□ Pictures
☐ Beach ball	a racquet to specific areas on	boundaries	☐ Tactile modeling
☐ Auditory ball	opposite side for points	☐ Varied playing surface	☐ Guided discovery
☐ Wiffle ball		(e.g., dirt, smooth, grass)	☐ Problem solving
□ Tetherball			☐ Task analysis
☐ Larger racket			☐ Proximity (instructor stands
☐ Smaller racket			close to student with disability)
□ Wider racket			☐ Interpreter
☐ Shorter racket			□ Individualized instruction
☐ Foam racket			(one-to-one)
☐ Strap for racket			☐ Sign language
□ No net			☐ Feedback
☐ Lower net			

#### **Example 1: Forehand**

Task description	Student will hit a forehand shot in a tennis game.	
Scale components	(a) Form, (b) number of performances, (c) placement	
Rubric level and color	Rubric descriptors	
1. White	Student hits a tennis ball, thrown with a bounce from 6 feet (1.8 meters) away, with a forehand shot.	
2. Yellow	Student hits a ball thrown with a bounce, with body turned sideways, making contact in front of body, most of the time.	
3. Orange	Student hits a ball thrown with a bounce, with body turned sideways, making contact in front of body and distinctly shifting weight forward, most of the time.	
4. Green	Student hits a thrown ball, with body turned sideways, making contact in front of body, shifting weight forward, and following through, most of the time.	
5. Blue	Student hits a forehand, with proper form, from a toss, and gets ball over the net 8 out of 10 times.	
6. Brown	Student hits a forehand, with proper form, during a game situation, and gets ball over the net 7 out of 10 times.	
7. Black	Student hits a forehand, with proper form, during a game situation, and gets ball over the net 9 out of 10 times.	

## Example 2: Serve

Task description	Student will hit a serve in a tennis game.	
Scale components	(a) Form, (b) number of performances, (c) success	
Rubric level and color	Rubric descriptors	
1. White	Student serves the tennis ball from half-court (the back of the service boundary line).	
2. Yellow	Student serves the ball from half-court with shoulder facing the net, makes proper toss above head, and makes contact out in front of the body, most of the time.	
3. Orange	Student serves the ball from half-court with shoulder facing the net, makes proper toss above head, makes contact out in front of the body, shifts weight, and follows through, most of the time.	
4. Green	Student serves the ball from half-court with shoulder facing the net, makes proper toss above head, makes contact out in front of the body, shifts weight, follows through, and gets ball over the net 5 out of 10 times.	
5. Blue	Student serves the ball from half-court, with proper form, and gets ball over the net 8 out of 10 times.	
6. Brown	Student serves the ball from the service line with proper form during a game situation and gets the ball over the net 7 out of 10 times.	
7. Black	Student serves the ball from the service line, with proper form during a game situation, getting the ball over the net 9 out of 10 times and in the proper service box 5 out of 10 times.	

## Example 3: Game Play

Task description	Student will participate in a game of tennis.	
Scale components	(a) Choice of shots, (b) percentage of successful shots	
Rubric level and color	Rubric descriptors	
1. White	Student participates in a game of tennis, using the forehand and backhand shots correctly 50 percent of the time.	
2. Yellow	Student participates in a game of tennis, using the forehand, backhand, drop shot, and overhand smash shot correctly 50 percent of the time.	
3. Orange	Student participates in a game of tennis, using the forehand, backhand, drop shot, and overhand smash shot correctly 75 percent of the time.	
4. Green	Student participates in a game of tennis, using the forehand, backhand, drop shot, and overhand smash shot correctly 75 percent of the time and getting the ball over the net 50 percent of the time.	
5. Blue	Student participates in a game of tennis, using the forehand, backhand, drop shot, and overhand smash shot correctly 75 percent of the time and getting the ball over the net 75 percent of the time.	
6. Brown	Student participates in a game of tennis, using the forehand, backhand, drop shot, and overhand smash shot correctly 90 percent of the time and placing the ball in the desired spot 50 percent of the time.	
7. Black	Student participates in a game of tennis, using the forehand, backhand, drop shot, and overhand smash shot correctly 95 percent of the time and placing the ball in the desired spot 75 percent of the time.	