



Physical Education Extended Injury Assignment

Directions: Since you are Injured and cannot physically participate in class you will participate in this unit through a research assignment. These questions should be completed in Paragraph form (5 sentences per paragraph), or equivalent length in presentation slide, using proper punctuation and grammar. You will research our current unit of study and respond to each prompt.

Week Four: Expanding Unit Proficiency

You will spend the fourth week researching activity modifications and game creation.

The project must include the following information:

➤ **Research Variations or Modified Versions of This Game:**

- Modified sports are designed to provide an introduction to the sport that they represent, and can modify rules, equipment, environment or objective. They allow novice participants, particularly young children, to experience a sporting environment that is interesting and fun.
- Research and summarize in your own words three different modifications of the unit activity and describe the differences that these sports incorporate and utilize as opposed to their traditional form.

➤ **Create Your Own Activity Modifications:**

This will need to resemble the unit activity that it is based on in either skills, equipment or objective, but adapted and altered to suit the player's age, ability, and experience.

- Key Strategies for Modifying:
- Make scoring easier (Ex: differential scoring).
- Slow the movement of the ball/object.
- Increase opportunities to practice techniques & strategies.
- Change the scoring rules / Objective.

➤ **Using the skills and Equipment of The Unit Create a New Game:**

Be structured so that players can decrease or increase the level of challenge in order to match their skills

- Contribute to skill development
- Safety Concerns.
- Fair: The game is balanced so that success and scoring are not too easy or too hard.
- Rules that allow for equal opportunity between the offense and the defense so that neither one dominates gameplay.

*Sources should be cited in an APA or MLA formatted bibliography