

Activity Progression

Instructions:

One of the characteristics of effective teachers is their content knowledge. They are able to develop interesting progressions that help students learn the skills they are teaching. Use this template to create a logical progression sequence for a skill, task or activity for students of varying abilities.

The instructor will determine most complex step (or end point) for you. Devise as many steps leading to that end point as you can. These steps should be in order of complexity with the simplest element in the progression at the bottom of the page.

Once you have completed this progression, you should be able to select one or more components from it to use in developing a lesson plan

Skill(s):

M O S T C O M P L E X S K I L L			
	Tasks (Extensions) The activities for the whole class	Cues (Refinements) Secrets to improve performance	Challenges (Applications) More chances to practice the same tasks
1	Live Gameplay	Hit-Bounce-Bounce on serve,	Both players use non dominant hands
2	Volley For Fun	Hit-Bounce-Bounce on serve,	Start keeping score
3	Serve right corner to left corner with distraction, non-dominant hand	Hit-Bounce-Bounce	Each successful serve, move a step back
4	Serve left corner to right corner with distraction, non-dominant hand	Hit-Bounce-Bounce	Each successful serve, move a step back
5	Serve to right corner to left corner with distraction, dominant hand	Hit-Bounce-Bounce	Each successful serve, move a step back
6	Serve left corner to right corner with distraction, dominant hand	Hit-Bounce-Bounce	Each successful serve, move a step back
7	Return serve backhand to partner with distraction, non-dominant hand	Come down on ball, follow through across body	Each successful return, move a step back
8	Return serve backhand to partner with	Come down on ball, follow	Each successful return,

	distraction, dominant hand	through across body	move a step back
9	Return serve to partner with distraction, non-dominant hand	Come down on ball, follow through across body	Each successful return, move a step back
10	Return serve to partner with distraction, dominant hand	Come down on ball, follow through across body	Each successful return, move a step back
11	Serve to partner with distraction, non-dominant hand	Hit-Bounce-Bounce	Each successful serve, move a step back
12	Serve to partner with distraction, dominant hand	Hit-Bounce-Bounce	Each successful serve, move a step back
13	Backhand return service from partner, non-dominant hand	Come down on ball, follow through across body	Each successful return, move a step back
14	Backhand return service from partner, dominant hand	Come down on ball, follow through across body	Each successful return, move a step back
15	Return service from partner, non-dominant hand	Come down on ball, follow through across body	Each successful return, move a step back
16	Return service from partner, dominant hand	Come down on ball, follow through across body	Each successful return, move a step back
17	Serve ball right corner to left corner, non-dominant hand	Hit-Bounce-Bounce	Each successful serve, move a step back
18	Serve ball right corner to left corner, dominant hand	Hit-Bounce-Bounce	Each successful serve, move a step back
19	Serve ball left corner to right corner, non-dominant hand	Hit-Bounce-Bounce	Each successful serve, move a step back
20	Serve ball left corner to right corner, dominant hand	Hit-Bounce-Bounce	Each successful serve, move a step back
21	Bounce ball on one side of paddle, rotate to other side, then back, non-dominant hand	Paddle Flat, come up on ball	Stand on one leg
22	Bounce ball on opposite side of paddle (rotate wrist) non-dominant hand	Paddle Flat, come up on ball	Stand on one leg
23	Bounce ball on top of paddle, non dominant hand	Paddle Flat, come up on ball	Stand on one leg
24	Bounce ball on one side of paddle, rotate to other side, then back, dominant hand	Paddle flat, come up on ball, rotate wrist	Try to get more than 25 taps
25	Bounce ball on opposite side of paddle (rotate wrist), dominant hand	Paddle flat, come up on ball	Try to get more than 50 taps
26	Bounce ball on top of paddle, dominant hand	Paddle Flat, come up on ball	Try to get more than 50 taps
27	Perform serve motion, no ball, non-dominant hand	Follow through, visualize contact on center of paddle	Add a ball
28	Perform serve motion, no ball, dominant hand	Follow through, visualize contact on center of paddle	Add a ball
29	Swing with no paddle (non-dominant)	Follow through, eyes on target	Perform the motion with eyes shut
30	Swing with no paddle (dominant hand)	Follow through, eyes on target	Perform the motion with eyes shut
L E A S T C O M P L E X			

S K I L L			
----------------------------------	--	--	--