Activity Progression

Instructions:						
One of the characteristics of effective teachers is their content knowledge. They are able to develop interesting progressic 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.						
	instructor will determine most complex step (can. These steps should be in order of comple					
	e you have completed this progression, you sh loping a lesson plan	nould be able to select one or more co	mponents from it to use in			
Skill	l(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)	Challenges (Applications)			
1	The activities for the whole class Live Gameplay	Secrets to improve performance Hit-Bounce-Bounce on serve,	More chances to practice the same tasks Both players use non			
		·	dominant hands			
2	Volley For Fun	Hit-Bounce-Bounce on serve,	Start keeping score			

Hit-Bounce-Bounce

Hit-Bounce-Bounce

Hit-Bounce-Bounce

Hit-Bounce-Bounce

through across body

Come down on ball, follow

Come down on ball, follow

Serve right corner to left corner with

Serve left corner to right corner with

Serve left corner to right corner with

Return serve backhand to partner with

Return serve backhand to partner with

Serve to right corner to left corner with

distraction, non-dominant hand

distraction, non-dominant hand

distraction, non-dominant hand

distraction, dominant hand

distraction, dominant hand

Each successful serve, move

Each successful serve, move

Each successful serve, move

Each successful serve, move

Each successful return,

Each successful return,

move a step back

distraction, dominant hand through across body move a step back	urn, ve, move urn, urn, urn, ve, move ve, move ve, move
non-dominant hand through across body move a step back	urn, ve, move urn, urn, urn, ve, move ve, move ve, move
Return serve to partner with distraction, dominant hand Hit-Bounce-Bounce Each successful ser a step back	ve, move urn, urn, urn, ve, move ve, move ve, move
Serve to partner with distraction, non-dominant hand Hit-Bounce-Bounce Each successful ser a step back	urn, urn, urn, ve, move ve, move ve, move
non-dominant hand	urn, urn, urn, ve, move ve, move ve, move
12 Serve to partner with distraction, dominant hand Backhand return service from partner, non-dominant hand Come down on ball, follow through across body Each successful ret move a step back 14 Backhand return service from partner, dominant hand Come down on ball, follow through across body move a step back 15 Return service from partner, non-dominant hand Come down on ball, follow through across body move a step back 16 Return service from partner, dominant hand Come down on ball, follow through across body Each successful ret move a step back 16 Return service from partner, dominant thand Come down on ball, follow through across body Each successful ret through across body move a step back 17 Serve ball right corner to left corner, non-dominant hand Hit-Bounce-Bounce Each successful ser a step back 18 Serve ball left corner to left corner, dominant hand Hit-Bounce-Bounce Each successful ser a step back 19 Serve ball left corner to right corner, dominant hand Each successful ser a step back 20 Serve ball left corner to right corner, dominant hand Paddle Flat, come up on ball Stand on one leg 21 Bounce ball on opposite side of paddle (rotate wrist) non-dominant hand Paddle Flat, come up on ball Stand on one leg	urn, urn, urn, ve, move ve, move
dominant hand	urn, urn, urn, ve, move ve, move
13 Backhand return service from partner, non-dominant hand through across body move a step back 14 Backhand return service from partner, dominant hand through across body move a step back 15 Return service from partner, non-dominant hand through across body move a step back 16 Return service from partner, dominant hand through across body move a step back 16 Return service from partner, dominant hand through across body move a step back 16 Return service from partner, dominant hand through across body through across body move a step back 17 Serve ball right corner to left corner, non-dominant hand through across body through a	urn, urn, ve, move ve, move
non-dominant hand	urn, urn, ve, move ve, move
14 Backhand return service from partner, dominant hand Come down on ball, follow through across body Each successful ret move a step back 15 Return service from partner, non-dominant hand Come down on ball, follow through across body move a step back 16 Return service from partner, dominant hand Come down on ball, follow through across body move a step back 17 Serve ball right corner to left corner, non-dominant hand Hit-Bounce-Bounce Each successful ser a step back 18 Serve ball right corner to left corner, dominant hand Hit-Bounce-Bounce Each successful ser a step back 19 Serve ball left corner to right corner, non-dominant hand Each successful ser a step back 20 Serve ball left corner to right corner, dominant hand Hit-Bounce-Bounce Each successful ser 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	urn, ve, move ve, move
dominant hand	urn, urn, eve, move eve, move
15 Return service from partner, non-dominant hand Return service from partner, dominant hand Come down on ball, follow through across body Each successful ret move a step back 16 Return service from partner, dominant hand Come down on ball, follow through across body Each successful ret move a step back 17 Serve ball right corner to left corner, non-dominant hand Hit-Bounce-Bounce Each successful ser a step back 18 Serve ball right corner to left corner, dominant hand Each successful ser a step back 19 Serve ball left corner to right corner, non-dominant hand Each successful ser a step back 20 Serve ball left corner to right corner, dominant hand Hit-Bounce-Bounce Each successful ser 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	urn, eve, move eve, move eve, move
non-dominant hand through across body move a step back	urn, eve, move eve, move eve, move
16 Return service from partner, dominant hand Come down on ball, follow through across body move a step back 17 Serve ball right corner to left corner, non-dominant hand Hit-Bounce-Bounce Each successful ser a step back 18 Serve ball right corner to left corner, dominant hand Hit-Bounce-Bounce Each successful ser a step back 19 Serve ball left corner to right corner, non-dominant hand Hit-Bounce-Bounce Each successful ser a step back 20 Serve ball left corner to right corner, dominant hand Hit-Bounce-Bounce Each successful ser 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	eve, move
hand through across body move a step back 17 Serve ball right corner to left corner, non-dominant hand 18 Serve ball right corner to left corner, dominant hand 19 Serve ball left corner to right corner, non-dominant hand 20 Serve ball left corner to right corner, dominant hand 21 Bounce ball on one side of paddle, rotate to other side, then back, non-dominant hand 22 Bounce ball on opposite side of paddle (rotate wrist) non-dominant hand 23 Paddle Flat, come up on ball 24 Paddle Flat, come up on ball 25 Stand on one leg 26 Stand on one leg 27 Stand on one leg	eve, move
Serve ball right corner to left corner, non-dominant hand Hit-Bounce-Bounce Each successful serve ball right corner to left corner, dominant hand Hit-Bounce-Bounce Each successful serve ball left corner to right corner, non-dominant hand Hit-Bounce-Bounce Each successful serve ball left corner to right corner, dominant hand Hit-Bounce-Bounce Each successful serve ball left corner to right corner, dominant hand Each successful serve ball left corner to right corner, dominant hand Each successful serve ball left corner to right corner, dominant hand Paddle Flat, come up on ball Stand on one leg Cortate wrist) non-dominant hand Paddle Flat, come up on ball Stand on one leg Cortate wrist) non-dominant hand Corner to right corner, dominant hand Corner to right corner to right corner, dominant hand Corner to right co	eve, move
non-dominant hand a step back	eve, move
Serve ball right corner to left corner, dominant hand Hit-Bounce-Bounce Each successful serve ball left corner to right corner, non-dominant hand Hit-Bounce-Bounce Each successful serve ball left corner to right corner, dominant hand Hit-Bounce-Bounce Each successful serve ball left corner to right corner, dominant hand Each successful serve ball left corner to right corner, dominant hand Paddle Flat, come up on ball Stand on one leg Cortate wrist) non-dominant hand Paddle Flat, come up on ball Stand on one leg Cortate wrist) non-dominant hand Paddle Flat, come up on ball Cortate wrist) non-dominant hand Cortate wrist) non-dominant hand Cortate wrist) Paddle Flat, come up on ball Cortate wrist) Cortate wrist) Paddle Flat, come up on ball Cortate wrist) Cortate wrist) Cortate wrist) Paddle Flat, come up on ball Cortate wrist) Cortate wrist) Cortate wrist) Paddle Flat, come up on ball Cortate wrist) Cortate written written written written written written written writ	ve, move
19 Serve ball left corner to right corner, non-dominant hand 20 Serve ball left corner to right corner, dominant hand 21 Bounce ball on one side of paddle, rotate to other side, then back, non-dominant hand 22 Bounce ball on opposite side of paddle (rotate wrist) non-dominant hand 23 Fach successful serve a step back 24 Paddle Flat, come up on ball stand on one leg 25 Paddle Flat, come up on ball stand on one leg	,
non-dominant hand a step back	,
20 Serve ball left corner to right corner, dominant hand Hit-Bounce-Bounce Each successful ser 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	eve, move
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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	
to other side, then back, non-dominant hand 22 Bounce ball on opposite side of paddle (rotate wrist) non-dominant hand Paddle Flat, come up on ball Stand on one leg	
hand 22 Bounce ball on opposite side of paddle (rotate wrist) non-dominant hand 23 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	
(rotate wrist) non-dominant hand	
23 Bounce ball on top of paddle, non Paddle Flat, come up on ball Stand on one leg	
dominant hand	
24 Bounce ball on one side of paddle, rotate Paddle flat, come up on ball, Try to get more tha	n 25
to other side, then back, dominant hand rotate wrist taps	
25 Bounce ball on opposite side of paddle Paddle flat, come up on ball Try to get more tha	ın 50
(rotate wrist), dominant hand taps	
26 Bounce ball on top of paddle, dominant Paddle Flat, come up on ball Try to get more tha	ın 50
hand taps	
27 Perform serve motion, no ball, Follow through, visualize Add a ball	
non-dominant hand contact on center of paddle	
hand contact on center of paddle	
29 Swing with no paddle (non-dominant) Follow through, eyes on target Perform the motion	n with
eyes shut	. ,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,
30 Swing with no paddle (dominant hand) Follow through, eyes on target Perform the motion	n with
eyes shut	
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