Sample Skill Progression

2nd grade: Strike a lightweight ball (with a paddle) more than one time using an underhand motion to self with or without a bounce.

I	We are now going to try and balance a ball on paddle just like we did the balloon. Walk in general space watching out for others and keeping your paddle flat.
R	Even a slight bend of the wrist will make the ball roll off. Really concentrate on a strong, firm wrist. Repeat task.
A	How long can you keep the ball balanced? Let's try for 30 seconds. If it falls off, start counting over.
E	Now, we are going to try and make a cheese sandwich with your hand and the paddle. Place your hand on top of the ball so it looks like your hand and the paddle are the bread and the ball is the cheese. Okay that was too easy. So try this: Drop the ball and after it bounces catch I and make your sandwich. There is only one thing; you have to make a flat sandwich.
R	Try to keep your paddle flat as you move it under the ball. Your hand on top helps to complete the catch.
E	Next, try to drop, bounce, strike it gently upward, and then let it bounce again before you make your sandwich catch.
R	Really focus on getting that paddle flat under the ball. Remember drop the ball down; do not throw it down.
E	See if you can do two strikes upward before you make the catch.
A	See how many you can do in a row and stay in your own space. Leave out the sandwich now. If your ball goes into someone's space, carefully retrieve it and return to your space before practicing again.
R	Remember every strike has to have a flat paddle. That means elbow out and wrist strong.
E	See if you can do two volleys (without a bounce) in a row without having to chase your ball (elbow out and light force.)
R	Focus on keeping your arm at medium level and not hitting the ball above your eyes.
A	See how many you can do in a row.
A	Choose which skill you need the most practice on (continual hits with or without the bounce) and spend a little more time on it. For both: Flat paddle, elbow out, arm at medium level and use light force.
A	It is time to assess our skills. In groups of 2 or 3, complete the peer assessment.
E	When you complete the assessment, try one of the following: 1. Drop the ball and strike it to your partner to catch and return. 2. Strike a balloon back and forth with a partner who will try and return it to you.

I – Informing: Introduction of skill.
R – Refinement: Introducing a new cue to improve the quality of the skill.
E – Extension: Changing the task to make it more complex.
A – Application: A task that incorporates the skill into a game-like activity (challenge).