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EPHE 310
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SOCCER

Lesson #1- passing



APPENDIX 1

Assessment Tool-

Self Reflection

Answer the following questions under “before unit”. Once unit has finished answer the questions under “after unit”

Before Unit:

1. Do you know what soccer is? (Circle one)

yes or no

2. Do you like soccer? (Circle one)

yes or no

3. Do you feel happy or sad about playing soccer? (Circle one)

happy or sad

4. Do you think you can play soccer? (Circle one)

yes or no

After unit:

1. After learning these skills, do you like soccer now? (Circle one)

yes or no

2. Do you think you can teach family and friends the skills you have learned?
(Circle one)

yes or no

3. Do you feel happy or sad about being finished with the soccer unit?

happy or sad

Lesson exit ticket:

How do you feel about dribbling? (Circle one)



Systematic Analysis: Dribbling

Step 1- Place the ball in front of you

Step 2- Put your right foot forward slightly lifting your foot up, knee bent and place the ball in the inside of your foot

Step 3- Move the ball to the inside of your other foot while switching legs as you move forward, move and switch arms at the same time

Step 4- Put your left foot forward slightly lifting your foot up keeping the ball in the inside of your foot

Step 5- Move the ball back to the inside of your right foot while switching legs again, as you continue to move forward

Step 6- repeat above steps moving forward switching feet back and forth

Some tips:

- stay in athletic position
- use your arms

UDL Inclusive Episodes:

A student who has autism might find it harder to use an actual soccer ball. A lighter, bigger ball like a beach ball can be provided for the whole entire lesson/unit. This adaption relates to the guideline “Providing multiple means of action and expression” specifically 5.2 using multiple tools for construction and composition.

The penguin walk can relate to the guideline “Providing multiple means of engagement” specifically 7.1 because the students can have a choice on how fast they want to move and where they want to dribble their ball.

The UDL Guidelines. (2020, October 6). <http://udlguidelines.cast.org/>.

