# **TOWNSHIP OF UNION PUBLIC SCHOOLS**



# Physical Education Grade 9-12

Adopted September 19th, 2023

## **Mission Statement**

The mission of the Township of Union Public Schools is to build on the foundations of honesty, excellence, integrity, strong family, and community partnerships. We promote a supportive learning environment where every student is challenged, inspired, empowered, and respected as diverse learners. Through cultivation of students' intellectual curiosity, skills and knowledge, our students can achieve academically and socially, and contribute as responsible and productive citizens of our global community.

## **Philosophy Statement**

The Township of Union Public School District, as a societal agency, reflects democratic ideals and concepts through its educational practices. It is the belief of the Board of Education that a primary function of the Township of Union Public School System is to formulate a learning climate conducive to the needs of all students in general, providing therein for individual differences. The school operates as a partner with the home and community.

# **Unit Title: Physical Fitness** Grade level: 9-12 **Timeframe: 30 Days** Rationale

Physical Fitness is the ability to move, perform daily tasks and unexpected physical challenges effectively without losing energy reserves. Fitness activities can be performed at many levels (low, moderate, and high), which will impact how efficiently the body functions.

#### **Focus Questions**

What are skills to promote a healthy and active lifestyle?

What are some movements that will develop and maintain a healthy and active lifestyle?

What are fitness concepts and skills to maintain a healthy and active lifestyle?

# **Standards**

#### **Standards (Taught and Assessed):**

2.2.8.PF.1: Summarize the short and long-term physical, social, mental, and emotional health benefits of regular physical fitness activity. 2.2.8.PF.2: Recognize and involve others of all ability levels into a physical activity.

2.2.8.PF.3: Execute the primary principles of training (FITT) and technology for the purpose of modifying personal levels of fitness (e.g., pedometers, heart rate monitors, health tracking systems, wearable technology, virtual classes, exergames).

2.2.8. PF.4: Implement and assess the effectiveness of a fitness plan based on health data, the assessment of one's personal fitness levels and monitor health/fitness indicators before, during, and after the workout program.

2.2.8.PF.5: Use evidence to predict how factors such as health status, body composition, interests, environmental conditions, healthy eating, anabolic steroids, physical activity, and lifestyle behaviors impact personal fitness and health.

2.2.8.LF.1: Develop and build an effective movement and physical fitness vocabulary for self, peers, and family members that can enhance wellness.

2.2.8.LF.2: Explain the importance of assuming responsibility for personal health behaviors through physical activity throughout one's lifetime. 2.2.8.LF.3: Explore by leading yourself and others to experience and participate in different cultures' physical fitness activities.

## Unit 1

2.2.8.LF.4: Identify and recognize factors that generate positive emotions from participating in movement and physical fitness activities. 2.2.8.LF.5: Engages in a variety of physical activities (e.g., aerobic-fitness, strengthening, endurance-fitness activities) using technology and cross-training, and lifetime activities.

## Highlighted Career Ready Practices and 21st Century Themes/Skills

Evaluate available resources that can assist in solving problems. Apply critical thinking and problem-solving skills in classroom and family settings.

## **Social-Emotional Learning Competencies**

- Self Awareness
- Self Management
- Social Awareness
- Responsible Decision-Making

#### **Instructional Plan**

#### **Pre-Assessment and Reflection**

Pre-Assessment	Modifications (ELL, Special Education, Gifted, At-risk of Failure, 504) and Reflections		
Unit Summative Skill Assessment	<ul> <li>ELL:Model and Provide Example. Establish a non-verbal cue to redirect students when not on task.</li> <li>GT:Provide enrichment activities to expand upon the curriculum.Use higher level questioning techniques in class and on assessments.</li> <li>At risk:Individualized as needed</li> <li>IEP/504: Modifications/ Accommodations as stated in IEP</li> </ul>		

Student Learning Objectives (SLO), Strategies, Formative Assessment, Activities and Resources (add rows as needed)

SLO – WALT We are learning to/that	Student Strategies	Formative Assessment	Activities and Resources	Modifications (ELL, Special Education, Gifted, At-risk of Failure, 504) and Reflections
WALT different methods to develop physically fit and health bodies	In groups the students will practice the aerobic movements. The students will be given a terminology sheet of aerobic movements to learn, and reviewed by the teacher. The students will participate in a group aerobic aerobic activities. Explain and perform movement skills that combine mechanically correct movement in smooth flowing sequences in isolated settings (i.e., skill practice) and applied settings (i.e. games, sports, dance, and recreational activities. Detect, analyze, and correct errors and apply to refine movement skills. Analyze the social, emotional, and health benefits of selected physical experiences.	Assessment-How will students evaluate and assess their current level of fitness. Health Related Fitness- Cardiovascular endurance, Muscular Strength, Muscular Strength, Muscular endurance, Flexibility, Body Compositions Skill Related Fitness- Agility, Balance, Reaction Time, Coordination, Speed. Speed. Technology- How can students use technology to help identify, analyze and address their personal fitness program?	Activities: Aerobic Conditioning Conditioning Dance Exercise and Fitness Stations Jogging/Walking Jump Rope Step Aerobics Agility Stations Strength Developing and Conditioning Yoga	<ul> <li>ELL:Model and Provide</li> <li>Example. Establish a <ul> <li>non-verbal cue to redirect</li> <li>students when not on</li> <li>task.Students may use a</li> <li>bilingual dictionary.</li> </ul> </li> <li>Pre-teaching of vocabulary <ul> <li>and concepts, visual</li> <li>learning, including graphic</li> <li>organizers.</li> </ul> </li> <li>GT: Provide enrichment <ul> <li>activities to expand upon the</li> <li>curriculum. Adjust the pace</li> <li>of lessons, curriculum</li> <li>compacting, inquiry based</li> <li>instruction, Independent</li> <li>study, Higher-order thinking</li> <li>skills, interest-based content,</li> <li>student-driven instruction,</li> <li>and Real-world problems</li> <li>and scenarios</li> </ul> </li> <li>At Risk:Individualized as <ul> <li>needed</li> </ul> </li> <li>IEP/504 Modifications/</li> <li>Accommodations as stated in</li> <li>IEP. Individualize as needed</li> </ul>

10	ummarize the short-and ong-term physical, social, nd emotional		
	enefits of regular physical ctivity.		
	<i>Essential Vocabulary:</i> Health/ Fitness		

Benchmark Assessment	Modifications (ELL, Special Education, Gifted, At-risk of Failure, 504) and Reflections		
District Grade Level Created	<ul> <li>ELL:Model and Provide Example. Establish a non-verbal cue to redirect students when not on task.Students may use a bilingual dictionary.</li> <li>GT:Provide enrichment activities to expand upon the curriculum.Use higher level questioning techniques in class and on assessments.</li> <li>At risk:Individualized as needed</li> <li>IEP/504: Modifications/ Accommodations as stated in IEP</li> </ul>		

#### **Benchmark Assessment 2**

Benchmark Assessment	Modifications (ELL, Special Education, Gifted, At-risk of Failure, 504) and Reflections			
District Grade Level Created	<ul> <li>ELL:Model and Provide Example. Establish a non-verbal cue to redirect students when not on task.Students may use a bilingual dictionary.</li> <li>GT:Provide enrichment activities to expand upon the curriculum.Use higher level questioning techniques in class and on assessments.</li> <li>At risk:Individualized as needed</li> </ul>			

### Summative Assessments (add rows as needed)

Summative Assessment	Modifications (ELL, Special Education, Gifted, At-risk of Failure, 504) and Reflections
Evaluate students' ability to follow rules while participating in the various activities and exercises in class,	<b>ELL:</b> Model and Provide Example. Establish a non-verbal cue to redirect students when not on task.Students may use a bilingual dictionary.
Demonstrate ability to exercise safely while participating in the various activities.	<b>GT:</b> Provide enrichment activities to expand upon the curriculum.Use higher level questioning techniques in class and on assessments.
Is aware of others around them and not jeopardizing others	At risk:Individualized as needed
health and well being.	IEP/504: Modifications/ Accommodations as stated in IEP
Use proper equipment and properly observe students' readiness to safely participate in class each day.	
Come dressed in proper gym clothes	
Participated in warm up activity ,pays attention and follows directions.	
Students are able to detect movement errors.	
Students can analyze movement errors.	
Student can correct movement errors,	
Students are able to apply FITT concepts to personal fitness plans.	
Students set and achieved a fitness related goal throughout the unit.	

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Student participates daily in moderate to vigorous exercise the
addresses each component of health-related and skill-related
fitness

## Interdisciplinary Connections

Interdisciplinary Connections	Modifications (ELL, Special Education, Gifted, At-risk of Failure, 504) and Reflections
Math Language Science Art Music	<ul> <li>ELL:Model and Provide Example. Establish a non-verbal cue to redirect students when not on task.Students may use a bilingual dictionary.</li> <li>GT:Provide enrichment activities to expand upon the curriculum.Use higher level questioning techniques in class and on assessments.</li> <li>At risk:Individualized as needed</li> <li>IEP/504: Modifications/ Accommodations as stated in IEP</li> </ul>

# Unit 2

# **Unit Title: Lifetime and Cooperative Games**

Grade level: 9-12

**Timeframe: 90 Days** 

# Rationale

In Physical Education, Sports and the lessons learned through sports are an important part of the curriculum. The students will engage in various sport activities and develop the skills needed to participate in these activities. While learning about these sports students will work with other students, learn teamwork, and be able to develop proper sportsmanship during this process.

# **Focus Questions**

Are you able to identify and demonstrate the key components of the different sports?

Can the students successfully determine the proper skills needed to be successful in each sport?

Does the student demonstrate proper teamwork skills and sportsmanship while playing these sports?

# Standards

## Standards (Taught and Assessed):

2.2.2.PF.1: Explain the benefits of regular physical activity and what it means to be physically fit in relation to personal health. (e.g., healthy heart, strong bones, increased energy, strong muscles).

2.2.2.PF.2: Explore how to move different body parts in a controlled manner.

2.2.2.PF.3: Engage in moderate to vigorous age-appropriate physical movement and physical activities that promote movement (e.g., games, challenges, team building).

2.2.2.PF.4: Demonstrate strategies and skills that enable team and group members to achieve goals.

2.2.2.LF.1: Express one's feelings and emotions when involved in movement and physical activities to increase positive behaviors.

2.2.2.LF.2: Perform movement skills that involve controlling and adapting posture and balance, to successfully negotiate different environments (e.g., mats, turf fields, grass fields, hard surfaces, gym floors, sand, water, snow) during physical activity.

2.2.2.LF.3: Explore the body's range of motion through participating in flexibility and breathing exercises (e.g., stretching, mindfulness, yoga). 2.2.2.LF.4: Identify physical activities available outside of school that are in the community.

2.2.12.MSC.1: Explain and demonstrate ways to apply movement skills from one game, sport, aerobics, or recreational activity to another including striking skills (e.g., tennis, badminton, ping pong, racquetball, pickle ball).

2.2.12.MSC.2: Analyze application of force and motion (e.g., weight transfer, power, speed, agility, range of motion) and modify movement to impact performance.

2.2.12.MSC.4: Analyze etiquette, responsibilities, and preparation of players, officials, trainers, and other participants and recommend strategies to improve their performance, participation, and behavior.

2.2.12.MSC.5: Develop rule changes to existing games, sports, and activities that enhance participation, safety, and enjoyment

### Highlighted Career Ready Practices and 21st Century Themes/Skills

Evaluate available resources that can assist in solving problems. Apply critical thinking and problem-solving skills in classroom and family settings.

### **Social-Emotional Learning Competencies**

Self Awareness

Self-Management

Social Awareness

Responsible Decision-Making

# **Instructional Plan**

#### **Pre-Assessment and Reflection**

Pre-Assessment	Modifications (ELL, Special Education, Gifted, At-risk of Failure, 504) and Reflections		
Unit Summative	ELL:Model and Provide Example. Establish a non-verbal cue to redirect students when not on task.		
Skill Assessment	GT:Provide enrichment activities to expand upon the curriculum.Use higher level questioning techniques in class and on assessments.		

At risk:Individualized as needed
IEP/504: Modifications/ Accommodations as stated in IEP

## Student Learning Objectives (SLO), Strategies, Formative Assessment, Activities and Resources (add rows as needed)

SLO – WALT We are learning to/that	Student Strategies	Formative Assessment	Activities and Resources	Modifications (ELL, Special Education, Gifted, At-risk of Failure, 504) and Reflections
WALT identify and demonstrate key components of fitness by using various sports to enhance skills and team building.	Use self-evaluation and external feedback to detect and correct errors in one's movement performance. Detect, analyze, and correct errors and apply to refine movement skills. Demonstrate the use of offensive, defensive, and cooperative strategies in individual, dual, and team activities Compare and contrast the use of offensive, defensive, and cooperative strategies in a variety of settings Analyze the social, emotional, and health	Assessment-How will students evaluate and assess their current level of fitness. Health Related Fitness- Cardiovascular endurance, Muscular Strength, Muscular Strength, Muscular endurance, Flexibility, Body Compositions Skill Related Fitness- Agility, Balance, Reaction Time, Coordination, Speed. Technology- How can students use technology to help	Golf, Project Adventure/Team Building, Self Defense, Tennis, -Any other team activity that combines various sports and team building. In groups the students will practice the skills of the game. The students will be given a rules and terminology sheet of the game to learn, and reviewed by the teacher. The students will participate in game play learning teamwork and sportsmanship.	ELL:Model and Provide Example. Establish a non-verbal cue to redirect students when not on task.Students may use a bilingual dictionary. Pre-teaching of vocabulary and concepts, visual learning, including graphic organizers. GT: Provide enrichment activities to expand upon the curriculum. Adjust the pace of lessons, curriculum compacting, inquiry based instruction, Independent study, Higher-order thinking skills, interest-based content, student-driven

benefits of selected	identify, analyze	instruction, and Real-world
physical experiences.	and address their	problems and scenarios
	personal fitness	1
Summarize the short- and	1 0	At Risk: Individualized as
long-tenn physical, social,		needed
and emotional benefits of regular physical activity.		
regular physical activity.		IEP/504 Modifications/
		Accommodations as stated
		in IEP. Individualize as
Essential Vocabulary:		needed
Stretches		

BenchmarkModifications (ELL, Special Education, Gifted, At-risk of Failure, 504) and ReflectionsAssessmentAssessment

District Grade Level Created	<b>ELL:</b> Model and Provide Example. Establish a non-verbal cue to redirect students when not on task.Students may u a bilingual dictionary.	
	<b>GT:</b> Provide enrichment activities to expand upon the curriculum.Use higher level questioning techniques in class and on assessments.	
	At risk:Individualized as needed	
	IEP/504: Modifications/ Accommodations as stated in IEP	

Benchmark Assessment	Modifications (ELL, Special Education, Gifted, At-risk of Failure, 504) and Reflections	
District Grade Level Created	<ul> <li>ELL:Model and Provide Example. Establish a non-verbal cue to redirect students when not on task.Students may use a bilingual dictionary.</li> <li>GT:Provide enrichment activities to expand upon the curriculum.Use higher level questioning techniques in class and on assessments.</li> <li>At risk:Individualized as needed</li> <li>IEP/504: Modifications/ Accommodations as stated in IEP</li> </ul>	

## Summative Assessments (add rows as needed)

Summative Assessment	Modifications (ELL, Special Education, Gifted, At-risk of Failure, 504) and Reflections
Evaluate students' ability to follow rules while participating in the various activities and exercises in class,	<b>ELL:</b> Model and Provide Example. Establish a non-verbal cue to redirect students when not on task.Students may use a bilingual dictionary.
Demonstrate ability to exercise safely while participating in the various activities.	<b>GT:</b> Provide enrichment activities to expand upon the curriculum.Use higher level questioning techniques in class and on assessments.

Is aware of others around them and not jeopardizing others health and well being. Use proper equipment and properly observe students' readiness to safely participate in class each day.	At risk:Individualized as needed IEP/504: Modifications/ Accommodations as stated in IEP
Come dressed in proper gym clothes	
Participated in warm up activity ,pays attention and follows directions.	
Students are able to detect movement errors.	
Students can analyze movement errors.	
Student can correct movement errors,	
Students are able to apply FITT concepts to personal fitness plans.	
Students set and achieved a fitness related goal throughout the unit.	
Student participates daily in moderate to vigorous exercise the addresses each component of health-related and skill-related fitness	

# Interdisciplinary Connections

Interdisciplinary Connections	Modifications (ELL, Special Education, Gifted, At-risk of Failure, 504) and Reflections
Math Language Science	<b>ELL:</b> Model and Provide Example. Establish a non-verbal cue to redirect students when not on task.Students may use a bilingual dictionary.
Art Music	<b>GT:</b> Provide enrichment activities to expand upon the curriculum.Use higher level questioning techniques in class and on assessments.

At risk:Individualized as needed
IEP/504: Modifications/ Accommodations as stated in IEP

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Unit Title: Team Sports Grade level: 9-12 Timeframe: 90 Days Rationale

The students will participate in various team sports that will teach them the skills needed to participate but also teach them how to work with other students building teamwork and a sense of belonging. Students will demonstrate good sportsmanship.

# **Focus Questions**

Are you able to identify and demonstrate the key components of the different sports?

Can the students successfully determine the proper skills needed to be successful in each sport?

Does the student demonstrate proper teamwork skills and sportsmanship while playing these sports?

# Standards

## Standards (Taught and Assessed):

2.2.2.PF.1: Explain the benefits of regular physical activity and what it means to be physically fit in relation to personal health. (e.g., healthy heart, strong bones, increased energy, strong muscles).

2.2.2.PF.2: Explore how to move different body parts in a controlled manner.

2.2.2.PF.3: Engage in moderate to vigorous age-appropriate physical movement and physical activities that promote movement (e.g., games, challenges, team building).

2.2.2.PF.4: Demonstrate strategies and skills that enable team and group members to achieve goals.

2.2.2.LF.1: Express one's feelings and emotions when involved in movement and physical activities to increase positive behaviors.

2.2.2.LF.2: Perform movement skills that involve controlling and adapting posture and balance, to successfully negotiate different environments (e.g., mats, turf fields, grass fields, hard surfaces, gym floors, sand, water, snow) during physical activity.

2.2.2.LF.3: Explore the body's range of motion through participating in flexibility and breathing exercises (e.g., stretching, mindfulness, yoga). 2.2.2.LF.4: Identify physical activities available outside of school that are in the community.

2.2.12.MSC.1: Explain and demonstrate ways to apply movement skills from one game, sport, aerobics, or recreational activity to another including striking skills (e.g., tennis, badminton, ping pong, racquetball, pickle ball).

2.2.12.MSC.2: Analyze application of force and motion (e.g., weight transfer, power, speed, agility, range of motion) and modify movement to impact performance.

2.2.12.MSC.4: Analyze etiquette, responsibilities, and preparation of players, officials, trainers, and other participants and recommend strategies to improve their performance, participation, and behavior.

2.2.12.MSC.5: Develop rule changes to existing games, sports, and activities that enhance participation, safety, and enjoyment

## Highlighted Career Ready Practices and 21st Century Themes/Skills

Evaluate available resources that can assist in solving problems. Apply critical thinking and problem-solving skills in classroom and family settings.

## **Social-Emotional Learning Competencies**

Self Awareness

Self-Management

Social Awareness

# **Instructional Plan**

#### **Pre-Assessment and Reflection**

Pre-Assessment	Modifications (ELL, Special Education, Gifted, At-risk of Failure, 504) and Reflections	
Unit Summative Skill Assessment	ELL:Model and Provide Example. Establish a non-verbal cue to redirect students when not on task. GT:Provide enrichment activities to expand upon the curriculum.Use higher level questioning techniques in cl and on assessments.	
	At risk:Individualized as needed IEP/504: Modifications/ Accommodations as stated in IEP	

#### Student Learning Objectives (SLO), Strategies, Formative Assessment, Activities and Resources (add rows as needed)

SLO – WALT We are learning to/that	Student Strategies	Formative Assessment	Activities and Resources	Modifications (ELL, Special Education, Gifted, At-risk of Failure, 504) and Reflections
WALT identify and demonstrate key components of fitness by using various sports to enhance skills and team building.	Critique a movement skill/performance and discuss how each part can be made interesting, creative, efficient, and effective. Demonstrate and assess tactical understanding by using appropriate and effective offensive,	Assessment-How will students evaluate and assess their current level of fitness. Health Related Fitness- Cardiovascular endurance, Muscular Strength, Muscular endurance,	Badminton, Basketball, Bowling, Cooperative Games, Field/Floor Hockey, Flag Football, Indoor Games, Paddle Ball, Four Squares, PickleBall, Recreational Games, Soccer, Speedball, Ultimate Frisbee, Volleyball	ELL:Model and Provide Example. Establish a non-verbal cue to redirect students when not on task.Students may use a bilingual dictionary. Pre-teaching of vocabulary and concepts, visual learning, including graphic organizers.

defensive, and cooperative strategies.	Flexibility, Body Compositions	-Any other team activity that combines various	<b>GT:</b> Provide enrichment activities to expand upon
Analyze Factors that influence intrinsic and extrinsic motivation and employ techniques to enhance individual and team effectiveness. Compare the short- and long- term impact on wellness associated with physical inactivity. Determine the role of genetics, gender, age, nutrition, activity level, and exercise type on body composition.	Skill Related Fitness- Agility, Balance, Reaction Time, Coordination, Speed. Technology- How can students use technology to help identify, analyze and address their personal fitness program?	<ul> <li>sports and team building.</li> <li>In groups the students will practice the skills of the game.</li> <li>The students will be given a rules and terminology sheet of the game to learn, and reviewed by the teacher.</li> <li>The students will participate in game play learning teamwork and sportsmanship.</li> </ul>	the curriculum. Adjust the pace of lessons, curriculum compacting, inquiry based instruction, Independent study, Higher-order thinking skills, interest-based content, student-driven instruction, and Real-world problems and scenarios <b>At Risk:</b> Individualized as needed <b>IEP/504</b> Modifications/ Accommodations as stated in IEP. Individualize as needed
<i>Essential Vocabulary:</i> Stretches			

Benchmark Assessment	Modifications (ELL, Special Education, Gifted, At-risk of Failure, 504) and Reflections
District Grade Level Created	<ul> <li>ELL:Model and Provide Example. Establish a non-verbal cue to redirect students when not on task.Students may use a bilingual dictionary.</li> <li>GT:Provide enrichment activities to expand upon the curriculum.Use higher level questioning techniques in class and on assessments.</li> <li>At risk:Individualized as needed</li> <li>IEP/504: Modifications/ Accommodations as stated in IEP</li> </ul>

#### Benchmark Assessment 2

Benchmark Assessment	Modifications (ELL, Special Education, Gifted, At-risk of Failure, 504) and Reflections
District Grade Level Created	<b>ELL:</b> Model and Provide Example. Establish a non-verbal cue to redirect students when not on task.Students may use a bilingual dictionary.
	<b>GT:</b> Provide enrichment activities to expand upon the curriculum.Use higher level questioning techniques in class and on assessments.
	At risk:Individualized as needed
	IEP/504: Modifications/ Accommodations as stated in IEP

#### Summative Assessments (add rows as needed)

Summative Assessment	Modifications (ELL, Special Education, Gifted, At-risk of Failure, 504) and Reflections	
<i>Evaluate students' ability to follow rules while participating in the various activities and exercises in class,</i>	<b>ELL:</b> Model and Provide Example. Establish a non-verbal cue to redirect students when not on task.Students may use a bilingual dictionary.	
Demonstrate ability to exercise safely while participating in the various activities.	<b>GT:</b> Provide enrichment activities to expand upon the curriculum.Use higher level questioning techniques in class and on assessments.	
Is aware of others around them and not jeopardizing others health and well being.	At risk:Individualized as needed	
Use proper equipment and properly observe students' readiness to safely participate in class each day.	<b>IEP/504:</b> Modifications/ Accommodations as stated in IEP	
Come dressed in proper gym clothes		
Participated in warm up activity ,pays attention and follows directions.		
Students are able to detect movement errors.		
Students can analyze movement errors.		
Student can correct movement errors,		
Students are able to apply FITT concepts to personal fitness plans.		
Students set and achieved a fitness related goal throughout the unit.		
Student participates daily in moderate to vigorous exercise the addresses each component of health-related and skill-related fitness		

Interdisciplinary Connections	Modifications (ELL, Special Education, Gifted, At-risk of Failure, 504) and Reflections
Math Language Science Art Music	<b>ELL:</b> Model and Provide Example. Establish a non-verbal cue to redirect students when not on task.Students may use a bilingual dictionary.
	<b>GT:</b> Provide enrichment activities to expand upon the curriculum.Use higher level questioning techniques in class and on assessments.
	At risk:Individualized as needed
	IEP/504: Modifications/ Accommodations as stated in IEP