

Table 6.3 Recording Chart for Modifications

More difficult	Example	Less difficult	Example
Greater force		Low force	
Greater speed		Slower speed	
Moving sender		Stationary sender	
Moving receiver		Stationary receiver	
Moving backward or sideways		Moving forward	
High or low trajectory of the object being struck or caught		Medium level of trajectory for the object being struck or caught	
Regular equipment		Modified equipment	
Against an opponent		Perform skill alone	

From J.L. Lund and M.F. Kirk, *Performance-Based Assessment for Middle and High School Physical Education*, 3rd ed. (Champaign, IL: Human Kinetics, 2020).