

BASKETBALL UNIT



Lesson	Title							Equipment	Motivation
1	Basketball Passing Basketball Dribbling	A, C		Teach proper passing techniques Passing relay – students pass in different ways to teammates to get the ball across the gym Teach proper dribbling technique British Bulldog – Students dribble from one end of gym to the other with ‘it’ trying to knock ball away Elimination basketball – Dribble in a square trying to knock other balls away Ultimate basketball – played like Ultimate Frisbee with students having to bounce or chest pass the ball into the opposing ‘end zone	Observation checklist	Throwing balls, colliding with other students	SE, DI, TGFU	Basketballs, pennies, pylons	Working together to win relay Get ‘touchdowns’ Extra points for 5 passes in a row
2	Basketball Lay-ups Basketball Shooting			Teach proper lay-up technique Teach proper shooting technique BUMP, Ultimate BBALL	Exit slip	Throwing balls, colliding with other students	SE, DI, PT	Basketballs, pennies, pylons	Lay-up line – work as a team to get the best score Lay-up relay – win the relay race Circuit – catch as many people as possible, don’t get can
3	Basketball Defense/ Skills/ ZONE			Talk about nutritional and health benefits and how they can help you be a better defender/basketball player Circuit – students work through different stations and assess themselves on different skills (passing, dribbling, lay-ups, shooting, and defense). Man to Man 1 3 1, 2-3	Observation checklist	Throwing balls, colliding with other students	SE, DI, PT	Basketballs, pennies	British Bulldog – good proper defense, try to steal ball
4	Basketball Creative Game/ Scrimmage	A, C, D		King’s Court , One on One, Man to Man Defense Game Play	Skill evaluation sheet	Throwing balls, colliding with other students	SE	Basketballs, pennies	King’s Court – Get as many points as you can, get to the Final Four!

Lesson 1

Grade/Subject: 10 P. E

Unit: Manipulating an Object

Lesson Duration: 80 min

SPECIFIC OUTCOMES FROM ALBERTA PROGRAM OF STUDIES	LEARNING OBJECTIVES (2-3, clear, and measurable)	ASSESSMENTS (Observations, Key Questions, Products/Performances)
A 10-2, B 10-4 C104 (describe, apply, monitor and practice leadership and followership skills related to physical activity)	Students will: Intro to Basketball PASSING and DRIBBLING	
	Students will demonstrate leadership and communication skills while applying passing and dribbling skills Students will demonstrate different types of passes and dribbling skill	Pre-Assessment; demonstration of knowledge/ Shadow skills Observation of 3 key steps Student Feedback
C 10-5 D 10-7 (develop practices that contribute to teamwork)	Students will communicate positively while setting with other	Emphasis positive reinforcement, Key Question; What is Purpose of dribbling or passing Use Whiteboard- visual, demo kinesthetic, oral/ auditory
LEARNING RESOURCES CONSULTED		
Resource #: http://education.alberta.ca/PhysicalEducationOnline/TeacherResources/		
Instructional Model: Direct Instruction/ Teaching for Understanding		
MATERIALS/ EQUIPMENT/ SET UP		
BASKETBALLS		
PROCEDURE		
Introduction (3 min.):		
Warm Up: Introduction to Basketball – Lunges Laps/ Stretch warm up		
Body (25 min.):		
<p>Learning Activities</p> <ol style="list-style-type: none"> 1) Introduction to Basketball Dribbling – dribbling left, right hand walk to gym and back. Run back and forth <ul style="list-style-type: none"> - Stationary position (following teacher) dribbling high above waist, low as low as possible, weave between legs. - Practice tossing ball in air catching behind back, Go to wall and bounce pass/ Chest pass 2) Passing – Line up with partner <ul style="list-style-type: none"> - Bounce Pass , Chest Pass, Overhead Throw, 3) British Bull dog- If ball is knocked away then you join circle 4) Elimination Key Game- Students practice dribbling arm out bum to knee - If ball knocked out begin in second circle, <p>Teach proper dribbling technique</p> <p>If Time: Ultimate basketball – played like Ultimate Frisbee with students having to bounce or chest pass the ball into the opposing 'end zone</p>		
Closure (2 min.):		
<p>Consolidation/Assessment of Learning: In a circle the class will review the concepts of proper throwing techniques and receiving. Discuss when then come in next class to warm up and practice throwing with a partner.</p> <p>Transition To Next Lesson: Explain what we will be working on next day and our next goals as we move into layups/ shooting</p>		

Lesson 2

Grade/Subject: 10 P. E

Unit: Manipulating an Object

Lesson Duration: 80 min

SPECIFIC OUTCOMES FROM ALBERTA PROGRAM OF STUDIES	LEARNING OBJECTIVES (2-3, clear, and measurable) Students will: LAY Ups/ Shooting	ASSESSMENTS (Observations, Key Questions, Products/Performances)
C 10-4 (describe, apply, monitor and practice leadership and followership skills related to physical activity)	Students will apply proper technique for left and right lay ups and shooting.	Pre-Assessment; demonstration of knowledge/ Shadow skills Observation of 3 key steps Student Feedback
C 10-5 (develop practices that contribute to teamwork)	Students will communicate positively while setting with other	Emphasis positive reinforcement, Key Question; What is Purpose of a layup? What does the footwork look like?
LEARNING RESOURCES CONSULTED		
Resource #1: http://education.alberta.ca/PhysicalEducationOnline/TeacherResources/		
Instructional Model: Direct Instruction/ Teaching for Understanding		
MATERIALS/ EQUIPMENT/ SET UP		
* Basketballs		
PROCEDURE		
Introduction (3 min.):		
Warm Up: Relay Race Dribble ball to line 10 Jumping jacks.... Sit ups, Pushups... back to partner. Intro: Lays up and Shooting techniques		
Body (25 min.):		
<p>Activity #1: Teach proper lay-up technique 6 Students around each hoop. Line up Both sides. Start with just basic step RLR Up. LRL Up- Pick up Pace step back and come in with a run. – Student feedback Students Zig Zag around Pylon and come in for layup. Students run from one side of gym to other do a layup, retrieve ball and run back repeat.</p> <p>Activity #2: Shooting technique</p> <ul style="list-style-type: none"> - Jump shot from 3 pt. line, Foul Line teach BEEEF Principle (BALANCE, EYES, ELBOWS, EXTENTION, FOLLOW THROUGH) - Bend Knees - Students will practice at difference angles around the gym <p>Activity # 3- BUMP Students will line up they shoot and keep shooting. If person behind them get it in they are eliminated and will do 10 JJ tile new game.</p> <p>Activity # 4- Ultimate Basketball GAME- Like Ultimate Frisbee. – 3 steps will ball must pass to partners to score.</p>		
Closure (2 min.):		
Consolidation/Assessment of Learning: In a circle the class will review the concepts of proper throwing techniques and receiving. Discuss when then come in next class to warm up and practice throwing with a partner.		
Transition To Next Lesson: Explain what we will be working on next day and our next goals as we move into Defense zone		

Lesson 3

Grade/Subject: 10 P. E

Unit: Manipulating an Object

Lesson Duration: 80 min

SPECIFIC OUTCOMES FROM ALBERTA PROGRAM OF STUDIES	LEARNING OBJECTIVES (2-3, clear, and measurable) Students will: DEFENSE/ ZONES	ASSESSMENTS (Observations, Key Questions, Products/Performances)
A 10-3C 10-4 (describe, apply, monitor and practice leadership and followership skills related to physical activity)	Students will apply proper technique for left and right lay ups and shooting.	Pre-Assessment; demonstration of knowledge/ Shadow skills Observation of 3 key steps Student Feedback
C 10-8, D 10-4 (develop practices that contribute to teamwork)	Students will communicate positively while setting with other	Emphasis positive reinforcement, Key Question; What is Purpose of defending your zone? Man to man?
LEARNING RESOURCES CONSULTED		
Resource #1: http://education.alberta.ca/PhysicalEducationOnline/TeacherResources/		
Instructional Model: Direct Instruction/ Teaching for Understanding		
MATERIALS/ EQUIPMENT/ SET UP		
* Basketballs , Pennies		
PROCEDURE		
Introduction (3 min.):		
Warm Up: Relay Race Dribble ball to line 10 Jumping jacks.... Sit ups, Pushups... back to partner. Intro: Lays up and Shooting techniques		
Body (25 min.):		
<p>Activity #1: Defense</p> <p>Demonstrate to students where players should stand in and outside the key for defense. Basic 2-3. Have one student run the key while the others pass along the outside wall. Demonstrate how effective passing is – quicker for speed.</p> <p>Activity #2: Man to Man- Bum to knee... How to guard arms up... close, hit ball. Center Line. With Partner. One student will run ball in pivot and other will defense up to net. Student will go in for layup, other student tries to block.</p> <p>Activity #3 – Basic 1:3:1 Zone Demonstrate to student’s positions. 2:3, 1.1. 3. . 3.2. In groups of 5 call out placement and see how fast students can find positions.</p> <p>Activity# 4- Game Play. Students will begin a game and emphasis on defense when on defense try to position them in and call out a zone.</p> <p>Activity #5 Game Play- Students will practice Man to Man coverage.</p>		
Closure (2 min.):		
<p>Consolidation/Assessment of Learning: Stretch Cool down REVIEW ZONES</p> <p>Transition To Next Lesson: Explain what we will be working on next day and our next goals as we move into defense and offensive zones with game play.</p>		

Lesson 4

Grade/Subject: 10 P. E

Unit: Manipulating an Object

Lesson Duration: 80 min

SPECIFIC OUTCOMES FROM ALBERTA PROGRAM OF STUDIES	LEARNING OBJECTIVES (2-3, clear, and measurable) Students will: DEFENSE/ ZONES	ASSESSMENTS (Observations, Key Questions, Products/Performances)
A 10-3C 10-4 (describe, apply, monitor and practice leadership and followership skills related to physical activity)	Students will apply proper technique for left and right lay ups and shooting. 113, 2:3, 3:2, 1:3:1	Pre-Assessment; demonstration of knowledge/ Shadow skills Observation of 3 key steps Student Feedback
C 10-8, D 10-4 (develop practices that contribute to teamwork)	Students will communicate positively while setting with other	Emphasis positive reinforcement, Key Question; What does the 131 zone look like?
LEARNING RESOURCES CONSULTED		
Resource #1: http://education.alberta.ca/PhysicalEducationOnline/TeacherResources/		
Instructional Model: Direct Instruction/ Teaching for Understanding		
MATERIALS/ EQUIPMENT/ SET UP		
* Basketballs		
PROCEDURE		
Introduction (3 min.):		
<i>Warm Up: Relay Race Dribble ball to line 10 Jumping jacks.... Sit ups, Pushups... back to partner.</i> <i>Intro: Lays up and Shooting techniques</i>		
Body (25 min.):		
<p>Activity #1:</p> <p>Half-Court Game: Recreate- In group students must make 3 rules and play a half-court game. I.e. Only dribble with left hand passes only, hit ball with knee... Creative student challenge. Students must play game then use the other team's rules.</p> <p>Scrimmage Game Play: Students will play a game incorporating passing, dribbling, pivot, BEEF and other fundamental defense game skills.</p> <p>Skill Test?</p> <p>.</p>		
Closure (2 min.):		
<p><i>Consolidation/Assessment of Learning: Stretch Cool down REVIEW ZONES</i></p> <p><i>Transition To Next Lesson: Self-Assessment</i></p>		