

Basketball Unit Plan



Mr. Collin Vander Wal

Basketball Unit – Lesson 1

Grade: 8

Subject: Physical Education

Facility: Classroom and Gymnasium

Materials:

- White board and markers
- Handouts of terminology and rules (15)
- Basketballs (15)

Standards:

8.2.2 Understand the relationship between cue words and movement skills.

8.3.1 Understand long-term physiological benefits of regular participation in physical activity.

8.3.3 Know the community resources available that allow participation in physical activity.

8.5.4 Understand and comply with rules in physical activity settings.

Objectives:

- TLW understand the terminology and relate it to game situations.
- TLW understand the benefits of physical activity.
- TLW know the resources available to them to play outside of class.
- TLW be introduced to the rules of basketball.

Learning Activity:

Introduction

- Introduce rules and terminology of the game.(handouts)
- Review terms and rules using demonstrations.

Warm-up

- 3 laps
- High knees, butt kickers, lunges, side lung - up to half court line and back.
 - Arms across, arms over head, toe touches, quad stretch, butterfly, pretzel.
 - Center circle- ball handling: basketball rotations around head, body, and legs, dribble around right leg, left leg, and figure 8, etc.

Activity

- Introduce dribbling
- Dribble to other end of the court each time using: Right hand, left hand, cross over, behind the back, between the legs, and reverse pivot.

Assessment:

- Where students able to identify the rules and terms of the game?
- Rate the students on their dribbling skills and determine skill level.

Reflection:

Basketball Unit – Lesson 2

Grade: 8

Subject: Physical Education

Facility: Gymnasium

Materials:

- Basketballs (15)
- Cones (6)

Standards:

8.2.1 Understand biomechanical concepts that govern different types of movement.

8.2.2 Understand the relationship between cue words and movement skills.

8.4.4 Know activities that develop and maintain flexibility.

8.5.4 Understand and comply with rules in physical activity settings.

Objectives:

- TLW repeat different dribbling skills to perfect them.
- TLW be able to relate cue words to different dribbling techniques and movements.
- TLW understand the importance of stretching before physical activity.

Learning Activity:

Warm-up

- 3 laps
- High knees, butt kickers, lunges, side lung - up to half court line and back.
 - Arms across, arms over head, toe touches, quad stretch, butterfly, pretzel.
 - Center circle- ball handling: basketball rotations around head, body, and legs, dribble around right leg, left leg, and figure 8, etc.

Activity

Review dribbling

- Dribble to other end of the court each time using: Right hand, left hand, cross over, behind the back, between the legs, and reverse pivot.

- Dribble around cones and partners. (focus on controlling the basketball)

Introduce passing

-**Chest pass:** Start with basketball at our chest. Step with one of your legs to your partner and push out with both hands towards your partner and end with your arms extended and thumbs pointed to the ground.

- **Bounce pass:** Same starting position, but this time when you extend your arms, aim for a distance roughly 2/3 of the way on the ground towards your partner. End with thumbs down.

- **Overhead pass:** Start with the basketball over your head with both arms flexed. Step towards your partner and extend arms and snap the wrist. Thumbs this time will end straight up in the air.

- Have partners stand the width of the volleyball court away and work on each of these passes.
- Have students start at one end of the lane and side shuffle to the other end of the court working on the different passes.
- Play monkey in the middle.

3 Man Weave

- Divide students divide up into (3) lines.
- Have the middle person start with the basketball and pass to either side.
- When the student passes to that person they run behind and around that person.
- As the other student gets the first pass he/she then takes TWO steps and passes the basketball to the third person, and runs behind and around them.

-DEMO-

- Repeat to the other end and back.
 - Alternatives:
 - Allow for a lay-up at each end of the court.
 - Also have the next 2 students in line on the outsides pass to the other students for a shot/lay-up.

Cool-down: Dribbling knock out

Assessment:

- Were students able to relate cue words to movement skills?
- Rate student's passing skill level.

Reflection:

Basketball Unit – Lesson 3

Grade: 8

Subject: Physical Education

Facility: Gymnasium

Materials:

- Basketballs (15)
- Cones (6)
- Poly spots (15)

Standards:

8.2.1 Understand biomechanical concepts that govern different types of movement.

8.2.2 Understand the relationship between cue words and movement skills.

8.5.4 Understand and comply with rules in physical activity settings.

Objectives:

- TLW repeat proper shooting form multiple times to understand proper technique.
- TLW respect the rules of the game of lightening.

Learning Activity:

Warm-up

- 3 laps
- High knees, butt kickers, lunges, side lung - up to half court line and back.
 - Arms across, arms over head, toe touches, quad stretch, butterfly, pretzel.
 - Center circle- ball handling: basketball rotations around head, body, and legs, dribble around right leg, left leg, and figure 8, etc.

Activity

Review Dribbling and Passing

- Full court dribbling and 3 man weave.

Introduce Shooting Form

- Find dominant hand for shooting.
- Put that same side's foot forward. Knees bent.
- Follow through straight up, goose neck, and high elbow by ear.

Drills: **Line shooting**- Have the students get (1) basketball and spread out around the gym with the shooting foot on a straight line. Practice their shooting form with the goal for the students to get the ball to land as close to the line as possible. Add hoops and poly shoots to challenge the students.

- Practice shooting off the back board and from different spots on the court.
- Partner shooting and rebounding. Take turns after each shot.

Cool-down: Lightening - knock out

Assessment:

- Rate the students shooting form on accuracy and improvement.

Reflection:

Basketball Unit – Lesson 4

Grade: 8

Subject: Physical Education

Facility: Gymnasium

Materials:

- Basketballs (15)
- Hula hoops (5)
- Pennies – multi colors (15)

Standards:

8.1.1 Understand how to combine skills to participate in a modified version of team and/or individual sports.

8.5.6 Understand the potentially dangerous consequences of participation in physical activity.

8.5.4 Understand and comply with rules in physical activity settings.

Objectives:

- TLW use a combination of movement skills on offense, defense, and in 3 on 2.
- TLW apply the rules of basketball in the 3 on 2 activity.
- TLW identify the consequences of basketball.

Learning Activity:

Warm-up

- 3 laps
- High knees, butt kickers, lunges, side lung - up to half court line and back.
 - Arms across, arms over head, toe touches, quad stretch, butterfly, pretzel.
 - Center circle- ball handling: basketball rotations around head, body, and legs, dribble around right leg, left leg, and figure 8, etc.

Activity

Review Shooting

Introduce Offense and Defense

- For defense: work on 3 on 2 and 2-1-2 defense. Use hula hoops to help keep distance and spacing. As students adjust, remove hoops and work on shuffling and helping on defense. Address boxing out.
 - Put 5 offensive players on the three point line. Match up the defenders and when the teacher shoots the ball the students' box out.
- For offense: work on passing the ball and setting screens. Look for open shoots.

Divide students up and play 3-on2 on each half of the gym.

Cool-down: Lightening or knock out

Assessment:

- Did the students follow the rules of the game and the gym?
- Stress consequences of basketball. Pulled muscle, run into another student, jam finger, accidentally hit by basketball.

Reflection:

Basketball Unit – Lesson 5

Grade: 8

Subject: Physical Education

Facility: Gymnasium

Materials:

- Basketballs (15)
- Cones (4)
- Pennies (15)

Standards:

8.1.1 Understand how to combine skills to participate in a modified version of team and/or individual sports.

8.2.2 Understand the relationship between cue words and movement skills.

8.4.4 Know activities that develop and maintain flexibility.

Objectives:

- TLW demonstrate good shooting form during the 11 man game.
- TLW understand the importance of warming up and stretching before physical activity.
- TLW work together to score points.
- TLW use good sportsmanship and show respect to their classmates.

Learning Activity:

Warm-up

- 3 laps
- High knees, butt kickers, lunges, side lung - up to half court line and back.
 - Arms across, arms over head, toe touches, quad stretch, butterfly, pretzel.
 - Center circle- ball handling: basketball rotations around head, body, and legs, dribble around right leg, left leg, and figure 8, etc.

Activity # 1 – Review 3-2

Activity # 2 – “**11 Man**”

- Divide players out to the “X’s” on the court. (See diagram on back)

- Drill starts with the 3 players on the center circle dribbling to one end of the court where there are 2 different players. (Play 3 on 2)
 - The team with the ball is on offense and will try and score against the other 2 players in on defense.
 - When a shot goes up two things can happen
 - If the ball goes in- whoever gets the rebound will outlet the ball to the next 2 player's in line by the cones. (One from each side.) (See diagram on back.)
 - If the shot is missed
 - And the offense gets the ball they can shoot again
 - If the defense rebounds the ball they then outlet it to the 2 cone players.
- * On the end were the shot is missed, any 2 players can stay and be the new defenders, and other 2 will go line up behind the cones.

**>WHOEVER OUTLETS THE BALL WILL GO DOWN THE COURT ON OFFENSE
WITH THE 2 NEW PLAYERS. <**

* Once the three new players start down the court the cycle starts over.

* Alternations

- Set timer – try to get higher score each time/day
- Include so many passes, only dribble with non-dominate hand.

(If time remains- Divide students up and play a full court game of 5-on-5 or 3-on3.)

Assessment:

- Were students able to combine skills in the game of 11 man. (Observe)
- Ask why it is important to stretch before activity?

Reflection:

Basketball Unit – Lesson 6

Grade: 8

Subject: Physical Education

Facility: Gymnasium

Materials:

- Basketballs (15)
- Pennies (15)

Standards:

8.1.1 Understand how to combine skills to participate in a modified version of team and/or individual sports.

8.2.4 Use movement concepts and game strategies to play in a variety of individual and team physical activities.

Objectives:

- TLW demonstrate different skills of basketball to try and score points.
- TLW apply different skills learned in the unit to play 5-on-5.

Learning Activity:

Warm-up

- 3 laps
- High knees, butt kickers, lunges, side lung - up to half court line and back.
 - Arms across, arms over head, toe touches, quad stretch, butterfly, pretzel.
 - Center circle- ball handling: basketball rotations around head, body, and legs, dribble around right leg, left leg, and figure 8, etc.

Activity # 1: 4-on-4

- Split the class up into the predetermined teams. Four teams of (4).
- Hand out pennies to two of the teams.
- Have students play half court 4-on-4.
- Score will NOT be kept.
- Have students play 10-15 minutes and then rotate.

Assessment:

- Where students able to combine different skills and effectively play 4-on-4?

Reflection:

Basketball Unit – Lesson 7

Grade: 8

Subject: Physical Education

Facility: Gymnasium

Materials:

- Basketballs (15)
- Pennies (15)

Standards:

8.1.1 Understand how to combine skills to participate in a modified version of team and/or individual sports.

8.2.4 Use movement concepts and game strategies to play in a variety of individual and team physical activities.

Objectives:

- TLW demonstrate different skills of basketball to try and score points.
- TLW apply different skills learned in the unit to play 5-on-5.

Learning Activity:

Warm-up

- 3 laps
- High knees, butt kickers, lunges, side lung - up to half court line and back.
 - Arms across, arms over head, toe touches, quad stretch, butterfly, pretzel.
 - Center circle- ball handling: basketball rotations around head, body, and legs, dribble around right leg, left leg, and figure 8, etc.

Activity # 1: 4-on-4

- Divide students up again and continue the tournament.
- With 30 minutes left in class have students take written test over basketball rules, terms, and concepts.

Assessment:

- Where students able to combine different skills and effectively play 4-on-4?
- Unit Test!

Reflection: