

Unit 5: Basketball

Content Area: **Unified Arts**
Course(s): **Physical Education 1**
Time Period: **December**
Length: **10 Days**
Status: **Published**

Unit Summary

Students will work on skill development throughout the Unit, so they can feel comfortable participating in recreational or travel leagues as they get older. The students will be taught to dribble, pass(chest and bounce), and shoot a basketball using the correct form and learning the cues for each. As students work together with a group and/or partner throughout the unit, they will provide positive and/or corrective feedback to improve their skills. By the end of the unit, students will have an understanding of the fundamental skills used in basketball.

Student Learning Objectives

Students will learn...

- The six cues for dribbling in an athletic stance (manipulative movement) with developmentally appropriate control.
 1. Keep your head up.
 2. Use your finger pads, not your fingertips.
 3. Ball stays to the side of you.
 4. Ball bounces waist high or lower.
 5. Let the ball drop out of your pocket.
 6. Hand not dribbling with, out in front for protection.

- The four cues of passing (manipulative movement) with developmentally appropriate control.
 - Cues for the chest pass:
 1. Athletic position with ball held at chest height.
 2. Both thumbs behind ball, fingers spread wide.
 3. Chicken Wings .
 4. Look at your target.
 5. Step toward target with one foot to increase power.
 6. Push ball towards target while following through.
 7. Palms out at completion and thumbs down.
 8. When performing chest pass, make sure ball doesn't bounce on floor before getting to the target.

 - Cues for the bounce pass:
 1. Athletic position with ball held at chest height.
 2. Both thumbs behind ball, fingers spread wide.
 3. Chicken Wings .
 4. Look at your target.
 5. Step toward target with one foot to increase power.
 6. Push ball towards target while following through.
 7. Palms out at completion and thumbs down.
 8. When performing bounce pass, make sure ball bounces on the floor 1x 3/4 of the way to target.

- The six cues for receiving a pass with developmentally appropriate control.
 1. Remember to catch the ball:

2. Both hands in front of chest area.
3. Make hands big, give a good size target.
4. Reach out and catch ball with two hands.
5. Hold onto ball.
6. Triple threat position when ball is caught.

- The five cues of shooting (manipulative movement) with developmentally appropriate control.

Shooting Cues:

1. Bend knees.
2. Shooting elbow in and straight up.
3. Guide hand next to the ball(can be adjusted a little for these ages)
4. Ball rolls off fingertips.
5. Follow through (Take a cookie out of the cookie jar).

Essential Questions

- How do students manipulate the ball effectively while practicing different skills introduced to them?
- Why is student to student feedback and teacher to student feedback important while learning a new skill?
- How can one demonstrate appropriate behavior while participating in skill development?

Enduring Understandings

Students will understand that...

- the amount of "give" required when receiving a pass has multiple factors including the weight of the object.
- accepting feedback from teachers and other students can help aid in the development of new skills.
- a ball should never be thrown unless a teammate is paying attention and he/she knows it is coming to them.

Application

Students will be able to independently use their learning to...

- identify what correct form looks like when someone is dribbling, passing and shooting a basketball.
- work as a team with other students.
- positively critique and receive feedback from other students.

Skills

Students will be skilled at...

- using the proper cues while dribbling, passing, and shooting a basketball.
- exhibiting an understanding of safely using the equipment.
- exhibiting an understanding of the teamwork concept.
- communicating effectively with classmates about the skills covered.

Resources

- Kidz Bop Music (iTunes)
- PE Central (www.pecentral.org)
- Prior Teacher Knowledge
- Teacher Created Rubric