Unit 02: Basketball

Content Area: **Health and Physical Education**
Course(s):
Time Period: **Marking Period 1**
Length: **3-4 Weeks**
Status: **Published**

Brief Summary of Unit

This unit will support development of team play principles, sportsmanship, and cooperative learning. Students will learn the rules, skills, equipment and strategies of the sport of basketball. Students will also develop and improve fine and gross motor skills. They will also have an opportunity to improve basketball skills, court boundaries, player positions, fouls, and scoring. Students will participate in a variety of games applying those skills

Standards

2.1.2.PGD.1	Explore how activity helps all human bodies stay healthy.
2.2.2.MSC	Movement Skills and Concepts
2.2.2.MSC.8	Explain the difference between offense and defense.
2.2.2.PF	Physical Fitness

Essential Questions

- How does teamwork contribute to success in basketball?
- What are acceptable ways to celebrate accomplishments in basketball?
- What are the key elements in basketball?
- What are the safety concerns unique to basketball?
- What other sports share crossover skills with basketball?
- What skills are predominant in basketball?
- What strategies are used in basketball?

Essential Understandings

- defense is of equal importance as offense.
- different passes are used for different situations in game play.
- dribbling a basketball with both hands is essential in the game of basketball.
- shot selection is an important strategy in basketball.

Students Will Know

- how to demonstrate sportsmanship and teamwork

- the basic rules of basketball
- the basic strategies of basketball
- the proper technique for shooting a jump shot.
- the proper technique for shooting a lay-up.
- the proper way to catch a basketball.
- the proper way to dribble a basketball with both the dominant and non-dominant hand.
- the proper way to pass a basketball. chest pass, bounce pass.
- the proper way to play defense.

Students Will Be Skilled At

Evidence/Performance Tasks

- answer the essential questions.
- demonstrate the ability to perform skills both individually and as a team.
- include skills and knowledge into a game situation.
- participate in all game variations.
- perform skills related to basketball (dribbling, passing, shooting).
- take a written assessment on the rules and regulations of basketball.

Learning Plan

- Class will discuss proper offensive and defense strategies and positioning.
- Exhibit basic basketball dribbling technique and practice dribbling a basketball.
- Exhibit proper chest and bounce pass technique.
- Exhibit proper lay-up and shooting technique.
- Exhibit proper technique for catching both chest and bounce passes.
- Explain rules, strategies, and safety concerns for all variations of basketball skills and games.
- Make students aware of any essential safety concerns.
- Students will practice all skills before participating in lead up and small sides basketball games.

Materials

Suggested Strategies for Modifications

- Explanation and demonstration through kinesthetic, visual, and auditory strategies
- Students having difficulty will be encouraged to seek assistance from a peer or teacher for additional support.