

# Basketball I (6)

Content Area: **Physical Education**  
Course(s): **Physical Education**  
Time Period: **2nd Marking Period**  
Length: **6 Weeks**  
Status: **Published**

## Basketball I Overview

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Basketball is a great activity to build a student's cardiorespiratory endurance, muscular strength and flexibility as well as their ability to cooperate with teammates to achieve a common goal. In this unit, students will learn the rules and essential movement skills in order to successfully participate in a game of basketball.

## Transfer

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

- participate successfully in a game of Basketball and enjoy the physical, social and mental benefits of the game to improve their overall health.

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For more information, read the following article by Grant Wiggins.

[http://www.authenticeducation.org/ae\\_bigideas/article.lasso?artid=60](http://www.authenticeducation.org/ae_bigideas/article.lasso?artid=60)

## Meaning

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## Understandings

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Students will understand...

- how to dribble a basketball using the correct form

- how to use a chest pass using the correct form
- how to use a bounce pass using the correct form
- how to shoot a basketball using the correct form
- how to explain the rules of basketball

## **Essential Questions**

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Students will keep considering...

- how concepts of force and motion affect the skill performance in a game situations.
- why practicing appropriate and safe behaviors while participating in and viewing games, sports, and other competitive events contributes to enjoyment of the event.
- there is a strong cultural, ethnic, and historical background associated with competitive sports.
- to what extent basketball improves skill-related fitness versus health-related fitness.

## **Application of Knowledge and Skill**

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### **Students will know...**

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Students will know...

- the proper mechanics of passing the basketball using the chest and bounce pass.
- how to dribble a basketball using the correct form.
- the proper mechanics of shooting the basketball using the correct form.
- the rules for a game of basketball
- sportsmanship rules while playing a competitive game.

- the health related fitness components related to playing a game of basketball.

### **Students will be skilled at...**

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Students will be skilled at...

- shooting a basketball
- passing a basketball
- dribbling a basketball
- working with teammates to achieve a common goal
- identifying and following the rules of Basketball.

### **Academic Vocabulary**

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### **Learning Goal 1**

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Students will dribble the basketball using the correct form.

- Students will dribble the basketball using the correct form.

HPE.2.5.6.A.1	Explain and perform movement skills that combine mechanically correct movement in smooth flowing sequences in isolated settings (i.e., skill practice) and applied settings (i.e., games, sports, dance, and recreational activities).
HPE.2.5.6.A.2	Explain concepts of force and motion and demonstrate control while modifying force, flow, time, space, and relationships in interactive dynamic environments.
HPE.2.5.6.A.4	Use self-evaluation and external feedback to detect and correct errors in one's movement performance.

### **Target 1**

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Students will dribble a basketball using the following dribbling mechanics:

athletic stance

Hand placement on top of basketball

Use of arm, hand, wrist and fingertips

Using necessary force to bounce the basketball

## **Learning Goal 2**

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Students will pass a basketball using the correct form.

- Students will pass a basketball using the correct form.

HPE.2.5.6.A.1	Explain and perform movement skills that combine mechanically correct movement in smooth flowing sequences in isolated settings (i.e., skill practice) and applied settings (i.e., games, sports, dance, and recreational activities).
HPE.2.5.6.A.2	Explain concepts of force and motion and demonstrate control while modifying force, flow, time, space, and relationships in interactive dynamic environments.
HPE.2.5.6.A.4	Use self-evaluation and external feedback to detect and correct errors in one's movement performance.

## **Target 1**

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Athletic Stance

Hand placement

Left/Right foot facing intended target

Understanding angles for intended travel of chest pass and bounce pass

## **Learning Goal 3**

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Students will explain the rules of basketball.

- Students will explain the rules of basketball.

HPE.2.5.6.C.2	Apply rules and procedures for specific games, sports, and other competitive activities and describe how they enhance participation and safety.
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## **Target 1**

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Court Dimensions / Out of Bounds

## Target 2

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Basketball court boundary

dribbling

Fouls

Zone and Man Defense

## Learning Goal 4

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Students will identify the origin and cultural background of basketball

- Students will identify the origin and cultural background of basketball

HPE.2.5.6.C.3

Relate the origin and rules associated with certain games, sports, and dances to different cultures.

## Learning Goal 5

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Students will explain how basketball enhances their cardiorespiratory endurance.

- Students will explain how basketball enhances their cardiorespiratory endurance.

HPE.2.6.6.A.1

Analyze the social, emotional, and health benefits of selected physical experiences.

HPE.2.6.6.A.4

Predict how factors such as health status, interests, environmental conditions, and available time may impact personal fitness.

## Target 1

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Cardiorespiratory endurance is the ability of the heart, lungs and blood vessels to deliver oxygen to working muscles and tissues, as well as the ability of those muscles and tissues to utilize that oxygen.

The more aerobic exercise you perform, the stronger your heart and lungs will become

## Learning Goal 6

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Students will demonstrate proper sportsmanship and cooperation during games.

- Students will demonstrate proper sportsmanship and cooperation during games

HPE.2.5.6.C.1                      Compare the roles and responsibilities of players and observers and recommend strategies to enhance sportsmanship-like behavior.

HPE.2.5.6.C.2                      Apply rules and procedures for specific games, sports, and other competitive activities and describe how they enhance participation and safety.

## Target 1

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Follow the rules of the game

Do not use foul language or negative comments

No taunting

Provide positive feedback and encouragement to teammates and opponents

Get everyone involved

## Summative Assessment

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Throwing Mechanics Checklist

## 21st Century Life and Careers

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WORK.5-8.9.1.8.1                      Collaboration and teamwork enable individuals or groups to achieve common goals with greater efficiency.

WORK.5-8.9.1.8.2                      Leadership abilities develop over time through participation in groups and/or teams that are engaged in challenging or competitive activities.

WORK.5-8.9.1.8.C.2	Demonstrate the use of compromise, consensus, and community building strategies for carrying out different tasks, assignments, and projects.
WORK.5-8.9.1.8.C.3	Model leadership skills during classroom and extra-curricular activities.
WORK.5-8.9.1.8.D.3	Use effective communication skills in face-to-face and online interactions with peers and adults from home and from diverse cultures.
WORK.5-8.9.1.8.F.1	Demonstrate how productivity and accountability contribute to realizing individual or group work goals within or outside the classroom.

### **Formative Assessment and Performance Opportunities**

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Teacher will monitor students passing, shooting and catching form during a game of Basketball and provide feedback to the students.

### **Differentiation/Enrichment**

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Each student is provided an opportunity to be successful through the use of monitoring, equipment and repetition

### **Unit Resources**

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Basketballs

Jerseys