Unit 2a-Basketball

Content Area: **P.E. & Health**
Course(s): **Phys. Ed. 3**
Time Period: **Marking Period 2**
Length: **MP2**
Status: **Published**

Essential Question

What are two examples of defense?

How does agility play a role in basketball?

Big Ideas

Competent and confident age appropriate performances of gross, fine motor and manipulative skills, with execution of movement skills and concepts individually and in groups enhance (intensifies) physical activities. free movement, games, aerobics, dance, sports, and recreational activities.

The components of fitness contribute to enhanced personal health as well as motor skill performance (e.g., speed, agility, endurance, strength, balance).

CSDT Technology Connection

• 8.1.5.IC.1: Identify computing technologies that have impacted how individuals live and work and describe the factors that influenced the changes.

• 8.1.5.IC.2: Identify possible ways to improve the accessibility and usability of computing technologies to address the diverse needs and wants of users.

CSDT Technology Integration

8.1.5.A.2 Format a document using a word processing application to enhance text and include graphics, symbols and/ or pictures.

Activity:

Instructional video with NBA coach and players demonstrating proper form and technique for the chest and bounce pass. Students practice chest and bounce pass with partner. Teacher supervises and gives instruction as needed.

Enduring Understandings

2.2 Physical Wellness

Movement Skills and Concepts

2.2.5.MSC.1: Demonstrate body management skills and control when moving in relation to others, objects, and boundaries in personal and general space (e.g., coordination, balance, flexibility, agility).

2.2.5.MSC.4: Develop the necessary body control to improve stability and balance during movement and physical activity.

2.2.5.PF.2: Accept and respect others of all skill levels and abilities during participation.