

Unit 08: Basketball Skills

Content Area: **Health & PE**
Course(s): **PE 01**
Time Period: **Generic Time Period**
Length: **3 Weeks**
Status: **Published**

Standards

HPE.2.5.12.A.1	Explain and demonstrate ways to apply movement skills from one game, sport, dance, or recreational activity to another (e.g., striking skills from/to tennis, badminton, ping pong, racquetball).
HPE.2.5.12.B.1	Demonstrate and assess tactical understanding by using appropriate and effective offensive, defensive, and cooperative strategies.
HPE.2.5.12.B.2	Apply a variety of mental strategies to improve performance.
HPE.2.5.12.C.CS1	Self-initiated behaviors that promote personal and group success include safety practices, adherence to rules, etiquette, cooperation, teamwork, ethical behavior, and positive social interaction.

Essential Questions

What do I need to do in order to master skills used in basketball?

What strategies should be implemented in order for me to be an effective teammate?

Why do I have to show good sportsmanship and follow the rules?

How can I become more mentally prepared for competition and sports performance?

Content / Skills

1. Skills (dribbling, passing, shooting)
2. Drills
3. Rules
4. Game situations
5. Tests

