

Basketball - Unit 4

Content Area: **Comprehensive Health and Physical Education**
Course(s): **Physical Education 6**
Time Period: **December**
Length:
Status: **Published**

Unit Overview

Essential Questions

When playing offense/ defense what are the important factors to remember?

Why is moving without the ball important in basketball?

What is the proper technique of shooting a basketball?

How has the game of basketball change?

Content

Beginner skill 6th

Intermediate skill progression 7th

Advanced skill 8th

Activities skill drills (See Skills)

Ball handling

Game situations

Skills

Know rules

Demonstrate sportsmanship

Review skills

Shoot in a game situation

Pass in a game situation

Play in game situation

Use strategies

Demonstrate teamwork

Assessments

Teacher observation on students participation.

Skills test on:

- Shooting (Foul shot & Layup)
- Dribbling
- Passing

Lessons/Learning Scenarios

Shooting (lay-up, set shot)

Dribbling (rt.& lft. Crossover)

Knock-out

Horse

3 on 3 Round Robin Tournament

Modified games for various skill levels

Standards

HE.5-6.2.5.6 A.1	Demonstrate developmentally appropriate form when using movement skills in applied settings.
HE.5-6.2.5.6 A.2	Demonstrate the use of force and motion to impact the quality of physical movement.
HE.5-6.2.5.6 A.5	Use visual and verbal cues to improve performance during a physical activity.
HE.5-6.2.5.6 A.7	Apply a learned skill to another movement setting.
HE.5-6.2.5.6 B.2	Discuss how the principles of force and motion impact the quality of movement.
HE.5-6.2.5.6 B.3	Analyze how the use of energy and flow contributes to more effective, efficient, or creative movement.
HE.5-6.2.5.6 B.4	Describe how to refine and increase control when performing movement skills.
HE.5-6.2.5.6 B.5	Discuss how to modify movement in response to dynamic, interactive environments.
HE.5-6.2.5.6 B.7	Discuss how practice, regular participation, and appropriate feedback improve performance.
HE.5-6.2.5.6 C.1	Describe and demonstrate the use of offensive, defensive, and cooperative strategies.
HE.5-6.2.5.6 D.1	Compare the roles and responsibilities of participants and observers and recommend strategies to improve behavior, participation, and enjoyment.
HE.5-6.2.5.6 D.2	Summarize general and specific activity rules, describe how they enhance participation and safety, and follow them during activities.
HE.5-6.2.5.6 D.3	Select, use, and care for equipment used during physical activity.
HE.5-6.2.5.6 E.1	Describe and demonstrate the use of mental preparation strategies prior to and during participation in physical activity.
HE.5-6.2.6.6 A.1	Describe the physical, social, and emotional benefits of regular physical activity.

Resources
