

**COLONIAL INTERMEDIATE UINT 20**  
**6 Danforth Drive**  
**Easton, Pennsylvania 18045-7899**

**LESSON PLAN**  
**Basketball**

**TEACHER: Amanda Sechrist**

**STATE STANDARDS:**

Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up, cool-down).

Identify and engage in physical activities that promote physical fitness and health.

Recognize positive and negative interactions of small group activities.

- roles (e.g., leader, follower)
- cooperation/sharing
- on task participation

A. Recognize and use basic movement skills and concepts.

- locomotor movements (e.g., run, leap, hop)
- non-locomotor movements (e.g., bend, stretch, twist)
- manipulative movements (e.g., throw, catch, kick)
- relationships (e.g., over, under, beside)
- combination movements (e.g., locomotor, non-locomotor, manipulative)
- space awareness (e.g., self-space, levels, pathways, directions)
- effort (e.g., speed, force)

**GOAL:**

The students will increase their flexibility.

The students will increase their gross motor movements.

The students will increase their dribbling skills.

The students will increase their passing skills.

The students will increase their catching skills..

## ACTIVITY:

The students will enter the gymnasium and stand on a spot. The students will participate in a group stretching activity. The students will perform arm circles, toe touches, the sit and reach, leg lifts, balance activities, and the twist. The students will then perform the following locomotor skills the length of the gymnasium: running, galloping and skipping. The students will each receive a basketball. They will first bounce the ball and catch it with two hands. They will do this for several minutes. Then the students will dribble the ball or bounce the ball with two hands. The students will move around the gymnasium bouncing the ball with two hands. Then the students will try dribbling the ball with one hand. The students will then go back to their original spots and chest pass the ball to their teacher. They will each get several turns and then the teacher will pair the students with a partner and have them practice the chest pass. They will repeat the same activities with a bounce pass first to the teacher then to their partner. The teacher will then have all the students return to their original spots and receive a sticker for their hard work and good behavior. Please use the following teaching skills when working on the skills for the basketball competition:

- A. Field Goal: Each athlete must shoot the ball at any distance. The athlete is allowed two 30-second trials. One point is awarded for each basket scored. The best one score of the two trials is counted as the player's final score.
- B. Speed Pass: Each player is to pass the ball in any on against the wall. They must be 2.4 meters from the wall. The ball must be thrown and caught in the air from behind the line only. One point is scored each time the player does the above correctly. The best score of two 30-second trials is counted.
- C. Dribble: Each player is to dribble a basketball, under the stress of time. The player must dribble the ball while passing alternately to the right and to the left of five obstacles placed in line, 3.1 meters apart. When the last obstacle in the line is reached, the player should circle the end obstacle and continue in this fashion until 30-seconds has elapsed. One point is scored each time the midpoint of an obstacle is passed. The best score of two trials is counted.
- D. Rebound: Each player is to rebound the ball under a time restraint. The player must stand near the backboard. As the ball rebounds, the player jumps, catches the ball and returns it to the backboard while still in the air. One point is awarded when, and only when, the player rebounds the ball in the prescribed manner above. The best score of two trials is counted.

## **FUNCTIONAL DOMAIN:**

Bouncing a ball  
Dribbling a ball with two and one hand  
Chest passing a ball  
Bounce passing a ball  
Catching a ball

## **OBJECTIVE(S): STUDENT WILL DEMONSTRATE**

Given a verbal request, the students will perform locomotor skills including running galloping and skipping the length of the gymnasium with visual prompts in the correct sequence four out of five attempts.

Given a verbal request, the students will perform a stretching routine including arm circles, toe touches, the sit and reach, the twist, leg lifts and the butterfly stretch with verbal and visual prompts four out of five attempts.

Given a basketball, the students will bounce and catch the ball seven out of ten attempts.

Given a basketball, the students will be able to dribble a basketball with two hands 3 out of five attempts.

Given a basketball, the students will dribble the basketball with one hand three out of five attempts.

Given a basketball, the students will bounce pass a ball to their partner seven out of ten attempts.

Given a basketball, the students will chest pass a ball to their partner seven out of ten attempts.

Given a basketball, the students will catch a ball from their partner seven out of ten attempts.