

# Adaptive PE

Date: April 1

Lesson Focus: Basketball Offensive Skills

Lesson Length: 40 minutes

Standards:

3rd: 10.5.3.A, 10.5.3.B, 10.5.3.C

4th-5th: 10.5.6.A, 10.5.6.B, 10.5.6.C

Objectives:

1-P: The learner will be able to demonstrate how to dribble with both their right and left hand.

2-P: With a basketball and a lowered basket, the learner will be able to make 1 out of every 4 shots the learner takes.

Evaluation of Objectives:

1-P: The teacher will observe the students dribbling the basketball with both hands. If the teacher sees a student struggling, the teacher will diagnose what the student is doing wrong (ex: not putting enough power on the dribble) and help them out to be successful with dribbling a basketball.

2-P: The teacher will observe the students shooting the basketball at the hoop. If the teacher sees a student struggling, they teacher will diagnose what the student is doing wrong (ex: shooting with 2 hands) and work with the student in order for them to be successful with shooting the basketball.

Stretching/ Fitness (7 minutes):

**Equipment: Spots**

-The teacher will have students stand on the edge of the Indian Circle to do the following stretches:

- Triceps Stretch
- Deltoid Stretch
- Neck Roll
- Butterfly Stretch
- Toe Touches
- Jumping-up Jacks

-After jumping jacks, students will go to the black line and do the following locomotor movements to the other side of the gym and back.

- Run (2 times)
- Skip
- Side Slide
- Leap- Jump and land on 2 feet (Half Court and back)

-After the stretches, have students place the spots on one of the chairs, next to the PE office.

-Students will then sit in the red circle to explain the first game.

### Activity #1 (10 minutes): **Dribbling a Basketball**

#### **Equipment: Basketball**

-The teacher will explain and demonstrate the cues for dribbling a basketball.

Cues:

1. Eyes up
2. Use your finger pads--not your fingertips
3. Keep ball at your side for control
4. Keep ball at waist level or lower

-The teacher will then have the students attempt different dribbling task. Before doing each task, the teacher will demonstrate them. Tasks are as followed:

- Stand and dribble with your dominate hand (1-2 minutes)
- Stand and dribble with your non-dominate hand (1-2 minutes)
- Stand and dribble with both hands (1-2 minutes)
- Walk for one end of the gym to the other and dribble with your dominate hand
- Walk for one end of the gym to the other and dribble with your non-dominate hand
- Walk for one end of the gym to the other and dribble with both hands
- Go at whatever speed you feel comfortable with and dribble for one end of the gym to the other.

While students are playing:

- The teacher will observe to make sure students are participating correctly and safely
- The teacher will help students that are struggling.
- The teacher will provide feedback to all students.

-After the last task has been completed, the teacher will have students place the basketball behind them and the teacher will explain the next activities for the day.

### Activity #2 (10 minutes): **Passing a Basketball**

#### **Equipment: Basketballs**

-The teacher will explain that there are 2 types of passes: the chest pass and bounce pass.

-The teacher will first explain and demonstrate the cues for the chest pass.

Cues:

- Thumbs against chest--elbows bent and out.
- Step toward target.
- Extend arms fully releasing ball to target.
- Thumbs should now be pointing down.
- Tell students to...bend, extend, release

-After going over the cues. The teacher will have students, with a partner, attempt chest pass.

While students are attempting the chest pass:

- The teacher will observe to make sure students are participating correctly and safely
- The teacher will help students that are struggling.
- The teacher will provide feedback to all students.

-Once the teacher feels the students are successful with the chest pass, the teacher will move onto the bounce pass.

Cues for the bounce pass are as followed:

- Spread fingers along the sides of the basketball
- Start the ball at chest level
- Keep the knees bent
- Release the ball by extending arms downwards
- Upon release, turn palms outward towards the floor Ball should contact ground two-thirds of the way to the receiving player

-After going over the cues. The teacher will have students, with a partner, attempt the bounce pass.

While students are attempting the bounce pass:

- The teacher will observe to make sure students are participating correctly and safely
- The teacher will help students that are struggling.
- The teacher will provide feedback to all students.

-After the time is up, the teacher will have students place the basketballs off to the side and go into the last activity for the day.

### Activity #3 (10 minutes): **Shooting a Basketball**

#### **Equipment: Basketball and Cones**

-The teacher will demonstrate and explain the cues for shooting a basketball.

Cues:

- Balance the ball on your shooting hand
- Elbow stays directly under the ball and over your knee
- Eye on the target (the front of rim)
- Follow through snapping the wrist high over your head

- The teacher will check for understanding.

-The teacher will ask the students if they have any questions and answer those questions.

-The teacher will then have students grab a basketball and practice shooting at either of the 2 lowered rims in the gym.

-The students will form a line behind the cone and 1 student at a time will shoot at each hoop.

-The student can shoot anywhere between the cone and basket.

While students are playing:

- The teacher will observe to make sure students are playing safely, correctly, and fairly.
- The teacher will provide feedback to all students
- The teacher will help students that are struggling.

-At the end of the time, the teacher will have the students put the basketballs away and line up for the end of class.

Clean-up/ Line-Up (3 minutes):

-Students will help the teacher bring in all equipment used for the class and place it near the PE office window.

-Students will grab their water bottles/ coats/ etc. off the bleachers.

-Students will then line up on the black baseline near the door and wait for the teacher to arrive.

-If there is time, the teacher will ask the class what are things they did well during the class and what are some things we can improve on for next class.