

Basketball Unit Plan

Desired Results–Students will understand the basic rules of Basketball and understand the skills and safety necessary to be successful.

Basketball

Enduring Understandings

Learning Objectives

- Improve skill level in the following basketball skills: dribbling, passing, shooting
- Improve understanding of the concepts of the game: team defense, individual offense, team offense, transition game
- Learn the rules for participation
- Improve level of physical fitness
- Improve body awareness and body relationship to others while performing activity
- Improve motor skills: agility, speed, flexibility, coordination, reaction time, and jumping
- Emphasis of correct nomenclature
- Compare and contrast different offensive and defensive patterns
- Demonstrate stretching using proper form and technique
- Officiate a game
- Value their teammates and opponents regardless of the outcome of the game
- Appreciate differing abilities amongst players
- Demonstrate sportsmanlike behavior in a game setting

Essential Questions

What are the basic skills, rules and scoring needed to participate in the game of basketball?

- Students will be made aware of the opportunities available to them within their community to engage in physical activity

Guiding Questions

What's important for the game of basketball to understand the game and rules for safe play?

How can you avoid unsafe acts and situations?

Knowledge

Individual instruction

Creates alternative warm up routines

Small group

Teamwork/Team play

Intermediate to Advanced

Identification of zone or man-to-man defense

Dribbling

Body position against opponent

Skill level stressed in weak hand

Review of fundamental skills 1-6 on first page

Strategies:

Combine skills with warm-up activity

Individualize instruction

All skills Small Group

Modify games 1 on 1, 2 on 2, 3 on 3, 4 on 4, etc.

Horse, 21, Pig, Around the World Large group Full court drills

Full court game 5 on 5

Skills

Shooting

Proper use of backboard

Correct footwork

Proper shooting mechanics

Passing Chest Bounce Baseball pass Overhead pass

Dribbling

Straight dribble

Crossover dribble – strong and weak hand

Emphasizing body position against opponent to protect ball

Hand position for proper fingertip control

Rebounding – boxing out – outlet pass

Defense - individual techniques

Offense -basic offensive techniques

Setting a screen

Cutting

Video/Films	
Standards NYS 1,2, 3, 4, 5 NASPE 1,2,3,4,5,6	
Assessment Evidence	
Written test Self evaluation Skills test Demonstrate ability to participate in a regulation game of basketball Observations	
Learning Plan	
Learning Activities Drills and games	
Resources Video/Films Youtube Olympic Sport Visual Cues Verbal Cues Demonstrations	