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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Activity Title: basketball** | | | | | | | |
| **Teacher(s): =** | | **Date:** | | **Room: Gym** | | **Length of Time: 3hrs** | |
| **Grade(s): 6-8** | | **# of Participants: 10** | |
| **Project-based Learning Question:** | | | | | | | |
| **Today’s Learning Goal: how to stay consistent with layups** | | | | | | | |
| **Skill(s): ball handling and agility** | | | | | **Content Area:** | | |
| **Culminating Project:** | | | | | | | |
| **Materials Needed: basketball** | | | | | | | |
| **Groupings:** Whole Class | Independent Work| Pairs | Small Group of 3 | Small Group of 4 | Small Group of \_\_\_\_\_\_\_\_\_ | | | **Active Learning:** Hands-on | Physically Active | | | | |
| **Youth Choice / Youth Centered Component:** | | | | |
| **Type of Reflection(s):** | Q&A | Turn & Talk | Think-Pair-Share | Thumb Check | Discussion | Recording Results| Survey |1-on-1 Check-in | Artistic Response | Journal Entry | Shout outs | Other:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | | | | |
| **Role:** | **Opening** | | | | | | **Timing** |
| warm up | a 1 hour warm up where players are to run around the gym 5 times after that they’ll run suicides 3 times. Once that is done players will do 2 sets of 10 push ups and 2 sets of 15 jumping jacks | | | | | |  |
| **Role:** | **Activity** | | | | | | **Timing** |
| drills | a hour session of drills such as   * full court/ half court layups * Fast break Mid court jump shots * Hustling for missed jump shot * Passing drills such as 3-man wing and 5 passes before scoring | | | | | |  |
| **Role:** | **Closing** | | | | | | **Timing** |
| scrimmage/ recap | * 30 min scrimmage so the players can use everything they learned today as a team * 30 min recap of how everyone felt about todays practice | | | | | |  |