

**Physical Education Program**  
**Basketball Lay Ups**  
**Lesson #6**

**1. Objectives:**

**A. Student:**

1. The student will be able to verbally describe the keys to shooting a lay up with proper footwork and arm extension.
2. The student will be able to demonstrate proper footwork and arm extension for doing a lay up shooting form with both hands.

**B. Teacher:**

1. I want to work with the students in accomplishing their lay ups skills. I plan on doing this with many types of lay up exercises.

**2. Instant Activity:**

**Spell & Dribble**

Each student has a ball to dribble. Have students find a personal space on the court or designated playing area and their ball to dribble is put at their feet. Spelling words from the classroom teacher are written on poster board and posted for all students to see.

The PE teacher points out and pronounces a spelling word. Students then dribble the ball as they spell the word with the 1) dominant hand, 2) non-dominant hand, and/or 3) alternating hands. It helps if the spelling words are posted at eye level (this not only helps students to see how the words are spelled, but it also helps them to look up and forward while dribbling). When the students are done spelling the word (once with the dominant hand, once with the non dominant hand, and once alternating from hand to hand), students may dribble however they choose until the teacher signals the class for the next spelling word (use a whistle or other signal to stop the class). The teacher then points out and pronounces the next spelling word. Repeat this procedure for all spelling words and any words that need to be reviewed again. Instead of dribbling with a ball, this activity can also be done with jump ropes, jumping jacks/jills, push-ups, etc.

**3. Set Induction:**

Today we are going to work on the correct way to shoot a lay up in basketball. Do any of you know the correct footwork to shooting a lay up. Do any of you know how to skip? If you can skip you can use the proper footwork in shooting a lay up. Three keys to shooting a lay up are lifting the same leg and arm simultaneously. Another key is to go towards the basket at the right angle. The last key is to hit the box behind the hoop.

**4. Content Development: -- see next page**

**5. Closure:**

I want you to show me what you have learned in today's class. To do this I would like for each of you to demonstrate the skills you have learned today. Then I will ask you a few questions about the ques I have given to you today.

- What is the proper motion of the body when shooting a lay up?
- At what angle should you attach the goal?
- What should you aim for when shooting the lay up?
- What kind of motion should your body be in during the lay up?

6. **Equipment:**
  1. Different types of balls
  2. Several Hula Hoop
  3. 4 cones
  4. A basketball hoop

7. **Protocols:**
  - Go on the word Go.
  - Stop on the whistle with the ball at your feet.
  - Bring it in mean bring it in to the teacher.
8. **Class Rules:**
  - Be respectful
  - Follow directions
  - Respect equipment
  - No Gum
  - Have fun
    - 1<sup>st</sup> offence- teacher will remind student of rules.
    - 2<sup>nd</sup> offence-Pull student from activity and give student time out.
    - 3<sup>rd</sup> offence-student will be sent to the principals office, have student write down his/her actions and have parents sign.

## **Content Development:**

MAF / Instructional technique	Extensions	Refinements	Applications
<b>Informing Task:</b> What I would like for you to do when I say <b>go</b> is to begin skipping using right arm right leg, left arm left leg in unison			
1. Skip around the gym	<b>Skip</b> counter clock wise	See how fast how fast you can make it around the gym	See how fast how fast you can make it around the gym
2. Get a partner and Skip by each other Slapping high five	<b>Slap</b> high five when you pass each other	Be sure your <b>same arm and knee</b> come simultaneously	See who can get the highest.
3. Now switch side and slap high five with the other and.			
<b>Informing Task:</b> Now what I would like for you to do is get a ball out the hoop and go to a line by the wall and begin tossing the ball at the wall raising right arm and leg at the same time.	4. Toss the ball raising right arm and leg at the same time.	Toss the ball against the wall higher using <b>same arm and knee as if attached</b>	Find a spot on the wall and see how many times you can hit it in a row.
Have the balls in hoops so it is easy for the students to pick them up. Use several.	5. No switch hand and continue	Toss the ball against the wall <b>same arm and knee as if attached</b>	See if you can hit the spot 7 times
<b>Informing Task:</b> What I would like for you to do now is to walk up to the goal and do the same thing you were doing on the wall but aim at the top part of the square on the backboard and try to make the shot. Then after each shot move to the back of the SHORT line and do this again.	6. Walk up and lay the ball up in the basket using the arm and leg motion we have been going over today.	Hit the top part of the square on the backboard.	
Use as many goals as you can to minimize standing around.	7. Now try speeding up and make with the skipping motion we were working on earlier.	Come at a <b>45 degree angle</b> in a <b>skipping motion.</b>	Try to make 3 in a row
	8. Now dribble up to the hoop and shoot a lay up	Hit the <b>top right</b> of the square, Come at a <b>45 degree angle</b>	Try to hit the square every time
			Now make 10 in a row
<b>Closure / assessment</b>			I want you to show me what you have learned in today's class. To do this I would like for each of you to demonstrate the skills you have learned today. Then I will ask you a few questions about the ques I have given to you today. <ul style="list-style-type: none"> <li>• What is the proper motion of the body when shooting a lay up?</li> <li>• At what angle should you attach the goal?</li> <li>• What should you aim for when shooting the lay up?</li> </ul>

- What kind of motion should your body be in during the lay up?