

**Physical Education Program
Basketball/Shooting
Lesson Plan #3**

1. Objectives (Specific, Behavioral, Assessable)

A. Students:

1. The students will be able to show the "BEEF" while shooting a basketball.

- a. B = balance
- b. E = elbow
- c. E = eyes
- d. F = follow through

B. Teacher:

1. The teacher will observe the students and make sure that everyone understands how to shoot correctly using the word "BEEF".

2. Instant Activity:

Shooting Clockwise

When I say, "Go" I would like every student to get a basketball from the hoops that are placed around the gym. I want everyone to travel in a counter clockwise direction to every hoop in the gym. When you get to a hoop I want you to shoot the ball and then run and get your rebound. Once you have retrieved your ball move onto the next hoop. You must run and dribble the ball while traveling to the next hoop. Please only shoot once at a hoop. "Go"

3. Set Induction: The main part of basketball is shooting. In order to win, your team must score and in order to score, your team must shoot the ball.

Has anyone heard of the expression, "Show me the BEEF"? Burger King used this saying in one of their advertisements telling the world that McDonald's hamburgers weren't anywhere close to the Burger King Whopper. The main part of a hamburger is the beef and McDonald's just had this paper thin patty for a burger. So Burger King asked, "Where is the BEEF"? The Whopper was the burger of all burgers. It was the main seller item they had. So the saying "Where is the BEEF?" means show me the most important part of your restaurant. Well the most important part of basketball is shooting. We are going to be learning what the word BEEF means in basketball.

4. Content Development - see next attached page

5. Closure / Assessment:

- Who can raise their hand and tell me what the "B" means in BEEF?
- Who can raise their hand and tell me what the "E" means in BEEF?
- Who can raise their hand and tell me what the "E" means in BEEF?
- Who can raise their hand and tell me what the "F" means in BEEF?
- Is it better to have your arm shaped like a "U" or a "V" while shooting?

6. Equipment: (for a class of 30 students)

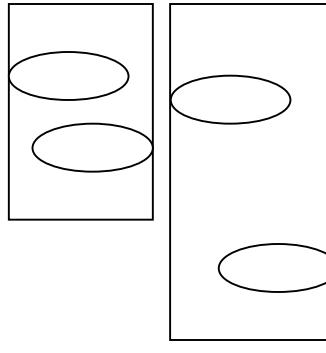
1. 30 basketballs
2. Make sure all basketball hoops are down and also if you have limited hoops tape squares on the wall that are ten feet off the ground. The size of square must be at least 12inch. By 12 inch.

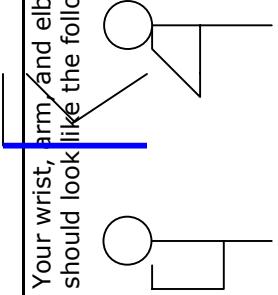
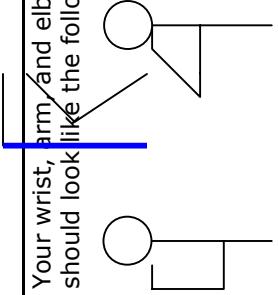
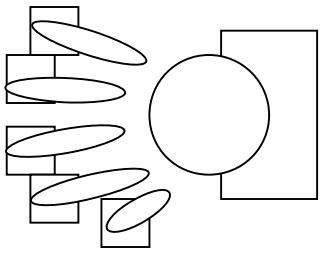
7. Protocol

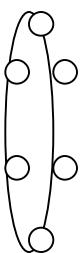
- Stop on the stop signal – the word stop.
- Go on the go signal – the word go.

8. Rules

- Be respectful
- Follow directions
- Respect equipment
- No Gum
- Have fun
 - 1st offence- teacher will remind student of rules.
 - 2nd offence-Pull student from activity and give student time out.
 - 3rd offence-student will be sent to the principal's office, have student write down his/her actions and have parents sign.

MAF/Instructional technique	Extensions	Refinements	Applications
<ul style="list-style-type: none"> Have all the basketball hoops down 30 basketballs - one for every student (have different sizes) spread around the gym in hoops 		<p>Informing Task: When I say, "Go" I want everyone to make a half circle around me (no one should be standing behind me). Please put your basketball between your feet and listen for further instruction.</p> <p>Informing Task: Go ahead and pick up your ball and begin shooting it into the air at an imaginary basketball hoop. After shooting it let the ball bounce once and then catch it and do the task again.</p> <ul style="list-style-type: none"> The diagram below is showing you that you shoot with your right hand. This is what your feet should look like. Right foot slightly in front of left and shoulder width apart. 	
		<p>1. Everyone needs to put his or her feet together. Take the foot that is opposite of your shooting hand and pull your toe back so it lines up with the arch of your other foot (if you shoot right handed then pull back your left foot). Then take your feet and spread them apart so they are shoulder width apart keeping the one toe slightly in front of the other. Bend your knees and see how this stance feels. Now I want everyone to shoot the ball into the air again practicing on your balance (footwork).</p> 	<p>This footwork is the balance of your shot. Balance stands for the "B" on "BEEF".</p> <p>Elbow stands for the first "E" in the word "BEEF". Elbow stands for a straight line from shooting foot to elbow.</p>
		<p>This stick figure is showing how the elbow, knee, and foot are to be in a straight line on your shooting side of your body. The straight line is from the side and the front of body.</p>	<p>2. Everyone needs to get into his or her balanced position. Now we are going to add one more step to shooting. This one includes the shooting elbow. When your knees are bent and feet are balanced (shoulder width apart) the elbow that is connected to your shooting hand should be in line with the foot and knee. Remember that your shooting foot should be slightly forward. If I were to draw a line from your foot to your knee and</p>

	<p>then to your elbow it should be straight. I want everyone to pick up his or her ball and again practice shooting at an imaginary hoop. Focus on the first two letters "B" and "E" of the word BEEF.</p> <ul style="list-style-type: none"> • Your wrist, arm, and elbow should look like the following: 	<p>3. Your shooting arm is very important to get correct. Make sure your wrist, arm, and the bend in your elbow make the letter "U". If these body parts make the letter "V" you are using the incorrect form. Your wrist should be bent backward so that a few wrinkles show up. Using the balance, elbow, and "U" shaped arm shoot again at an imaginary basketball hoop.</p>	<p>Make sure that your arm is a "U" shape and not a "V" shape.</p>
<p>Correct</p>	<p>Incorrect</p>	<p>4. I want everyone to hold out their shooting hand with their palm up. Your hand should be relaxed. The basketball should just sit on the pads of your hand. When you have the basketball on your hand make sure you can see light between the ball and finger pads. If you can't see light the ball is sitting on your palm. If you see too much light the ball is sitting too high on your fingertips. Also place your middle finger on the valve of the ball. This will help place your hand in the middle of the basketball. With this in mind I want everyone to again practice shooting using all the steps we have covered so far.</p>	<p>Make sure that you are using the pads on your hand. This will help you have a soft touch when shooting. Pads = soft touch</p>
	<ul style="list-style-type: none"> • These are your finger pads (the boxes are showing you where the finger pads are: 	<p>5. Now we need to talk about what you should focus on when shooting the basketball. On every hoop there are I-lets that hold the net on the hoop. You always want to focus on the one that is in the center of</p> <ul style="list-style-type: none"> • This is a picture of a basketball hoop. The little circles are the I-lets that your eyes should be focused on. 	<p>Your focus is where your eyes are. The second "E" in BEEF stands for eyes. Make sure you have your eyes focused on the I-let.</p>

 <p>Your view. This helps your brain focus on one part of the rim instead of the whole thing. This will cause less error in your shot. Now while you practice shooting I want you to focus on a spot and shoot.</p>	<p>6. After you shoot the ball you need to have a follow through. This helps you have good backspin on the basketball. When you follow through you want to make sure that you have a straight arm. After shooting you don't want to pull back your shooting arm. This hinders your shot. Now I want everyone to shoot the ball and hold you follow through until the ball bounces on the ground.</p>	<p>Your follow through will determine where the ball is going to go. Follow through is the “F” on the BEEF. When you follow through you want to picture that you’re reaching to the top shelf to get a cookie out of a cookie jar.</p>	<p>Informing Task: When I say “Go” I want everyone to go to the basket you were assigned with your groups. Start shooting at the basket using the word “BEEF” as your guide. I don’t want to you shoot outside of 2 feet from the basket.</p> <ul style="list-style-type: none"> As the teacher you want to make the groups of three before class starts. Also assign every group a basket. <p>Closure/Assessment:</p> <ol style="list-style-type: none"> Who can raise their hand and tell me what the “B” means in BEEF? Who can raise their hand and tell me what the “E” means in BEEF? Who can raise their hand and tell me what the “E” means in BEEF? Who can raise their hand and tell me what the “F” means in BEEF? Is it better to have your arm shaped like a “U” or a “V” while shooting? <p>Remember what BEEF stands for: B=balance, E=eyes, E=elbow, F=follow through.</p> <p>See how many shots you can make while using the correct form that was taught in class today.</p>
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