

Physical Education Program
Shooting Lesson
Lesson #4

1. Objectives:

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. The teacher will establish management protocols of boundaries, signals, and the use of equipment.

2. Instant Activity:
"Fancy Dribble"

As students enter the playing area instruct them to pick up a ball of their choice to dribble with their hands. Then they are to find a good self-space and face the teacher with the ball between their feet. When the music starts they are to dribble all over the playing area. Encourage them to keep their eyes up so they don't run into others.

When the music stops they are to stop and practice dribbling in their own self-space. Encourage them to practice "**fancy dribbling**" (e.g., behind back, between legs, turning around, etc.) while in this stationary position. When the music starts again they are off and moving again.

3. Set Induction:

Yesterday we worked on shooting. Can someone raise their hand and tell me a cue that we worked on? (Hint: beef) Today we are going to continue practicing our shooting, this time focusing on jump shots and free throws. Remember to always use "beef" when shooting a 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)

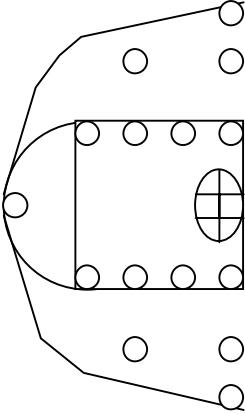
1. 30 basketballs
2. Make sure all basketball hoops are down and also if you have limited hoops tape squares on the wall that are ten feet off the ground. The size of square must be at least 12 inches by 12 inches.

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	Extensions	Refinements (Cues)	Challenges
<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 Place the students in groups of 6 at each basket Have them form a line at a Polly Spot that is on the baseline and have the line facing the basket. The students must make a jump shot at each basket. Bank shots are not allowed. Have 15 Polly Spots marking shooting spots at each hoop. 			<p>Informing Task: When I say go, I would like the first person in line to take a jump shot, rebound his or her own shot, and rotate to the end of the line. After the first person has gone, I would like the second person to shoot, and rotate to the end of the line. It is an on going circle. Go.</p> 

<p>I would like you to move one poly spot across the key, as a group, and continue to use the circle rotation that we are going through.</p>	<p>Now, move one Polly Spot back as a group and continue to shoot jump shots at the basket.</p>	<p>This time, move to the Polly Spot on the right elbow of the key and continue.</p>	<p>For this next activity, I would like you to move to the Polly Spot on the left elbow of the key and continue.</p>	<p>MAF</p> <ul style="list-style-type: none"> Take three balls away from the group, so that there is one ball for every two students. Have the students partner up, one ball between the two of them. 	<p>Balance stands for the B in BEEF. Remember to have your feet spread to shoulder width while shooting.</p>	<p>The elbow stands for the first E in the word BEEF. Have your elbow in line with your knee of your shooting hand.</p>	<p>The second E in BEEF stands for eyes. Make sure you have your eyes focused on the I-let of the rim.</p>	<p>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>Refinements (Cues)</p>	<p>Challenges</p>
				<p>Informing Task: When I say go, one partner stand on the block and one partner stand opposite them on the other block. The balls will be on one side of the key. The partner with the ball will make a chest pass to their partner and the partner who catches the ball will make a jump shot at the basket, rebound their shot and get in line with the ball, following the same circle pattern. After the group in front of you has gone, the second group will go, and so on. Go.</p>	<p>This time, the partners who don't have the ball will move to the elbow across from their partners. The partners with the ball will stay where they are. This time make a bounce pass to your partner.</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>				
				<p>Now, the partners who don't have the ball will move to the top of</p>	<p>Make sure that your arm is a "U" shape and not a "V" shape.</p>					

	<p>the key. The partners with the ball will stay where they are on the block. This time make a chest pass to your partner.</p> <p>Now I would like the partner with out the ball to move to the left base line Polly Spot, and the partner with the ball to move to the right baseline Polly Spot. The partner with the ball will make an over head pass to their partner who in turn will take a jump shot.</p>	
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2. Who can raise their hand and tell me what the "E" means in BEEF?
3. Who can raise their hand and tell me what the "E" means in BEEF?
4. Who can raise their hand and tell me what the "F" means in BEEF?
5. Is it better to have your arm shaped like a "U" or a "V" while shooting?

See how many shots you can make in a row using the correct form.

Remember what **BEEF** stands for:
B=balance, E=eyes, E=elbow, F=follow through.