

Physical Education Program
Moves to the Basket
Lesson #7

1. Objectives

A. Students:

1. By the end of class, the students will be able to demonstrate correct foot placement and technique, by demonstrating in front of the teacher.

- a. cross over
- b. spin
- c. rocker step

2. By the end of class, the students will be able to demonstrate correct moves to the basket technique at stationary target.

B. Teacher:

1. Teacher will establish management protocols of boundaries, signals, and the use of equipment.

2. Instant Activity:

"Basketball Warm-Ups" - Create stations by posting the task cards on the gymnasium walls with masking tape. Distribute the balls equally among the stations. For example, if you have 30 students and five stations, place 6 balls at each station for the individual warm-up or place 3 balls at each station for the partner warm-up. On the teacher's "GO" signal, have each student or partner group find a ball at a station and begin to perform the activity described on the task card for 30-45 seconds. On the teacher's "STOP" signal, the students take their ball, go to the next station, and begin to perform the next activity described on the task card for 30-45 seconds. Continue to rotate stations until all students have gone to each station once. Descriptions of the individual and partner ball warm-ups are listed below. Individual Ball Warm-Ups: Hamstring-Tricep Extensions: Stand up and hold the ball with both hands. Bending at the waist, hold the ball between your feet and hold this position for 3 counts. Then extend both arms straight overhead and hold this position for 3 counts. Repeat this movement sequence until you hear the teacher's "STOP" signal. Remember, keep your knees slightly bent and perform the sequence in a slow fluid motion. Sit-Ups: Get into the sit-up position and hold the ball against your chest with both hands. Perform sit-ups and see how close or how many times you can get the ball to your knees. Ball Push-Ups: Get into the push-up or modified push-up position. Place the ball so each time you go down during a push-up, your chest touches the ball. See how close or how many times you can touch the ball. Ball Taps: Get into the push-up or modified push-up position, but use only one arm to support your upper body. With the free hand, dribble (tap) the ball while in this position. See how long you can dribble the ball without stopping. Try alternating hands. Ball Straddle Stretch: Sit down on the floor in a straddle position (legs spread apart in a "V" formation). With both hands, roll the ball around each foot, along the outer side of your leg, behind the back, along the other leg, and back around the feet. Remember, keep your knees slightly bent, perform the sequence in a slow fluid motion, and change directions.

- 3. Set Induction:**
Today we are going to practice on ways to get to the basket. When you do moves to the basket you what to know different ways to get their. You don't what to do the same move over and over. So we are going to learn a few different moves.

4. Content Development – see next attached page

5. Closure/Assessment:

- By raising your hands can you tell me what a cross is over?
- What is one way to get to the basket? That's right the spin move.
- What do you what to do when you dribble behind your back? That's right smack the hip.

6. Equipment:

1. 30 basket balls
2. 30 Red rubber balls
3. 5 hoops
4. 12 cones
5. 30 stackers

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"> Scatter equipment in 5 hoops scattered around the outside of the activity area. Clearly mark boundaries with cones/stackers. 			
<p>Informing Task: I would like you to get a ball and begin dribbling the ball using a cross over dribble.</p> <ul style="list-style-type: none"> Scattered formation Students pick up own equipment from hoops. 	<ol style="list-style-type: none"> When using a cross over dribble, dribble at a low level. Now bounce the ball between your hands as fast as you can. Now dribble the ball at different speeds. When dribbling move your body with the same action of the ball. When dribbling, fake one way and go the other. 	<p>Dribble the ball between both hands.</p> <p>Dribble the ball at a low level. So it will be more difficult for the opponent to get the ball.</p> <p>To loose a defender fake one way and go the other.</p>	<p>See if you can dribble with out looking at the ball.</p> <p>Now dribble the ball while singing the alphabet. See if you can get all the way through.</p> <p>Now see if you can dribble the ball with out losing control of it the same amount of times as your favorite number.</p>

Informing Task: Now begin by dribbling the ball behind your back.

MAF/ Instructions Technique	Extensions	Refinements	Applications
	6. Try to dribble and spin at the same time.	When dribbling takes your dribbling hand and smack your opposite hip.	See how many spins you can do without getting dizzy.
	7. Now try to spin and dribble by using your outside hand.	When dribbling and spinning have your hand on the side of the ball. Remember to keep the ball close to you.	Pick your favorite number and see if you can make that many spins. Remember to keep the ball close to you.
	8. Now with the hand that is not dribbling use it as a shield so the defender can not get to the ball.	When you are done with your spin use your in side hand to set a shield so it will be more difficult for the defender.	
MAF/ Instructions Technique	Extensions	Refinements	Applications
	9. Dribble the ball and lean forward.	When dribbling the ball lean forward. So the defender thinks that you are going to go right past them. Plant Your opposite foot from your dribbling hand.	See how many times you can plant your foot and not lose control of the ball.

	10. Now still dribbling the ball. Lean back.	Now dribbling the ball lean back. So it looks like you are stopping or slowing down. Lean on your back foot.
	11. Again still dribbling the ball, go to the basket.	Now on your back foot. Use that foot to pivot and drive to the basket.

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