

# EAST LOWER SCHOOL PHYSICAL EDUCATION

## UNIT: Basketball

<p><b>ESTABLISHED GOALS:</b></p> <p><b>Standard 1:</b> Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.</p> <p><b>Standard 2:</b> Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.</p> <p><b>Standard 3:</b> Students will understand and be able to manage their personal and community resources.</p>	<b>Transfer</b>	
	<p>They will demonstrate tenacity seeking skill development and refinement. They will think purposely when developing a plan for lifelong health and wellness, understanding the value of a physically active lifestyle and the implications of inactivity. They will advocate for themselves and others by seeking out opportunities in the community to be physically active with friends and family</p>	
	<b>Meaning</b>	
	<p><b>UNDERSTANDINGS</b> <i>Students will understand that...</i></p> <ul style="list-style-type: none"> <li>● Group activities involve leadership, problem solving, cooperation and teamwork</li> <li>● Show respect to all players regardless of ability, acknowledging the accomplishments of other players.</li> <li>● Values teamwork as a necessary ingredient for group success in all cooperative endeavors.</li> <li>● Competency of movement is enhanced through ongoing participation in physical activities</li> </ul>	<p><b>ESSENTIAL QUESTIONS</b></p> <ul style="list-style-type: none"> <li>● How do group activities influence the development of social skills?</li> <li>● How is sportsmanship and fairness related to the enjoyment of physical activity?</li> <li>● How can feedback impact skill level?</li> </ul>
	<b>Acquisition</b>	
<p><b>Students will know...</b></p> <ul style="list-style-type: none"> <li>● Strategy: <ul style="list-style-type: none"> <li><b>Defenses</b> (push to weak hand, don't leave your feet),</li> <li><b>Offenses</b> (spread the floor, find the open man),</li> <li>Communication</li> </ul> </li> <li>● Rules/Scoring of a game</li> </ul>	<p><b>Students will be skilled at...</b></p> <ul style="list-style-type: none"> <li>● Basketball specific skills: <ul style="list-style-type: none"> <li><b>Passing</b>(chest, bounce, swing)</li> <li><b>Dribbling</b> (strong hand, weak hand, crossover)</li> <li><b>Shooting</b> (lay-ups, foul shots, jump shot)</li> <li><b>Defense</b> (shuffle, box out, shot block)</li> </ul> </li> <li>●</li> </ul>	
<b>Evaluative Criteria</b>	<b>Assessment Evidence</b>	
<ul style="list-style-type: none"> <li>● Active Time Rubric</li> <li>● Personal Social Responsibility Rubric</li> <li>● Summative Skill Assessment</li> </ul>	<p><b>PERFORMANCE TASK(S):</b></p> <ul style="list-style-type: none"> <li>● Peer Assessment</li> <li>● Self-Assessment</li> <li>● Teacher feedback during drills</li> <li>● Student Demonstrators/Leaders</li> </ul>	

<b>Basketball Written Assignments</b>	<p>OTHER EVIDENCE:</p> <ul style="list-style-type: none"> <li>• Written assignment on skills, rules, impact on overall health (common core reading &amp; writing support)</li> </ul>
<p><b><u>Summary of Key Learning Events and Instruction</u></b></p> <ul style="list-style-type: none"> <li>• Basketball as a lifetime sport/part of the community</li> <li>• Rules of the game &amp; safety/purpose of the rules</li> <li>• Individual and group skill work</li> <li>• Game play/scoring</li> </ul>	

### 6-8 Basketball Learning Targets

I can demonstrate dribbling with my dominate (strong) and non-dominate (weak) hand using my fingertips , keeping the ball close to my side at waist level during skills practice and “knock out”, while using my opposite hand to protect from defenders.

I can demonstrate three different passes: chest pass, bounce pass and overhead pass to a partner with accuracy every time they are stationary and at least 4 out of 5 times during relays.

I can demonstrate shooting using the BEEF acronym as my guide to good form and assess my partner on their form offering feedback (warm or cool) on their performance every time they shoot during skills practice.

I can demonstrate a Lay-up on the right and left side of the basket, jumping off one foot and pushing the ball toward the corner of backboard during skills practice and class “buzzer beater” basket game.

I can demonstrate my understanding of “man to man” defense by following the movements of a single player on offense during dribbling relays, drills and modified games.

I can demonstrate my understanding of “zone” defense by staying in my given area to cover offensive players during dribbling relays, drills and modified games.

I can demonstrate my understanding of 3v3 or 4v4 ½ court basketball game by “checking the ball”, keeping score, knowing when to switch from offense to defense.