

## PE Central's March Madness Basketball Lesson Ideas Mini Book

Our editors have combed through the PE Central website (pecentral.org) searching for our favorite basketball lesson ideas, assessments, dances, bulletin boards and more. These ideas would be perfect to use during the month of March as the March Madness NCAA basketball tournament takes place.

You will find all of our selections at our March Madness Basketball Ideas website:

<http://www.pecentral.org/marchmadness.html>

In this mini book we feature 5 of those ideas so you could see a sample of what is contained on the full website.

We hope you enjoy our choices and we extend our sincerest thanks to all of the authors who contributed these ideas to PE Central.

**NOTE:** The March Madness Basketball lesson idea website does not contain all of our basketball related ideas so make sure to visit our website to see all of our basketball ideas.



## Instant Activity

**Name of Activity:** Individual Basketball Skills Card Warm-Up

**Website:** <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=10243>

**Suggested Grade Level:** 3 - 5

**Materials Needed:** 25 laminated cards with basketball skills that can be done individually with the number of reps to be performed. Music

### Description of Idea

I scatter the cards either in the center of the space or around the outside perimeter of the area we are using. As students enter they get a ball and go to their own personal space in the gym. When the music begins the students move (teachers choice, start with walking for safety) to get a card and perform the basketball skill the suggested number of times found on the card. When they finish they run and exchange the card for a new one. We usually perform the activity for about 6-7 minutes. Here are some of the Basketball Skills we use:

1. 20 Left Handed Dribbles
2. 20 Right Handed Dribbles
3. 15 Left Handed Dribbles
4. 15 Right Handed Dribbles
5. 10 Left Handed Dribbles
6. 10 Right Handed Dribbles
7. Run 1 Lap around the gym while alternating your dribble.
8. Run 2 Laps around the gym while alternating your dribble.
9. Perform 5 Free-Throw Jump Shots. How Many did you make?
10. Perform 5 Lay-Ups with your Right Hand.
11. Perform 5 Lay-Ups with your Left Hand.
12. Alternate hands while dribbling.
13. Dribble around the body
14. Dribble at a low level 20 times.
15. Dribble waist high 20 times.

Make several of your own! I would use these Skills and then make 2 of each.

### Variations:

- Easier Cards/skills - Shorter Baskets - Smaller balls

*Submitted by Jason Steele who teaches at Perkett and Roosevelt Elementary in Minot, ND. Thanks for contributing to PE Central! Posted on PEC: 11/11/2010. Viewed 15952 times since 10/24/2010.*

## K-2 Lesson Idea

**Name of Activity:** Poly Spot Dribbling

**Website:** <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=8972>

**Purpose of Activity:** To improve students' hand dribbling ability.

**Activity cues:** Push the ball, feel the ball, finger pads (NOT palm), look up, waist-level bounces

**Prerequisites:** Ability to dribble with one hand, knowledge of numbers and counting

**Suggested Grade Level:** 1-2

**Materials Needed:** Basketball (or other ball that bounces) for each student, poly spots with numbers written or taped on them.

### Description of Idea

Have students carry their ball as they jog around the activity area with music playing. When the music stops they quickly find, and stand on, a poly spot (or any kind of spot that the can dribble on). Students dribble the number of times noted on the poly spot. The teacher will turn the music on and off as a signal for students.

### Variations:

- Lower-skilled students can dribble with two hands. Higher-skilled students can practice with their non-dominant hand.
- Numbers could be taped and written on the bottom of the poly spots so students need to turn over the poly spot to know the number of dribbles to be performed.
- Math problems could be taped onto the poly spots instead of single numbers.
- Spelling words could be used.
- Shapes could be taped to cards.
- Dice could be used to determine the number of dribbles.

### Teaching Suggestions:

- Have more poly spots than children scattered throughout the area. This allows students to quickly find a spot nearby.

*Submitted by Kristina Shemming in Ewing, NJ. Thanks for contributing to PE Central! Posted on PEC: 1/5/2009. Viewed 58141 times since 12/10/2008.*

## Grades 3-5 Lesson Idea

**Name of Activity:** Card Sharks Basketball Passing

**Website:** <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=797>

**Purpose of Activity:** To practice the bounce and chest passes in the game of basketball.

**Suggested Grade Level:** 3-5

**Materials Needed:** 1 deck of playing cards; 1 basketball or playground ball for every 2 students

### Description of Idea

Divide students into pairs. Gather students in front of you and explain that they will be working on the basketball chest and bounce passes. Pinpoint two students to demonstrate a correct bounce and chest pass. Explain to students that they will be using a deck of cards in a game that involves these two types of basketball passes. A **black card** represents a bounce pass while the **red cards** represent chest passes. The teacher holds the deck of cards while standing in the center (or side) of the activity area. One student from each partnership visits the teacher to draw a card. The student then returns to his/her partner, where the partner is holding the ball. The team then performs the type and number of passes, which their card indicates. For example:

- 10 of Spades = 10 bounce passes
- King of Hearts = 13 chest passes
- Ace of Clubs = 1 bounce pass

As soon as the task is completed, one member of the partnership places the card in their pocket (or places on the ground in a safe place), runs (or another type of locomotor movement as indicated by the teacher) and draws another card, and play continues. When the deck is completely drawn, students count the number of cards each has in their pocket. Shuffle all the cards and begin again, if desired.

### Variations:

- You could have the teacher hold two decks of cards.
- Instead of having the students run, have them use different locomotor movements as they collect the cards from the teacher.
- Teacher can move around the room so the kids have to find them

**Teaching Suggestions:**

- If dribbling or tossing and catching are too hard, students may bounce and catch the ball.
- It would be very helpful to have a large chart to hang on the wall in which a card is pictured along with the "point" value underneath it, as some students may have difficulty in remembering what the face cards are worth.
- So that students get maximum time to practice the skill of dribbling, you may want to put a few more "black" cards out, vs. red.

*Submitted by Lisa Duncan who teaches at Beaver Creek Elementary School in Downingtown, PA. Thanks for contributing to PE Central! Posted on PEC: 2/24/2015. Viewed 118337 times since 8/24/2001.*

**Grades 6-8**

**Name of Activity:** Bottle Cap Basketball

**Website:** <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=795>

**Purpose of Activity:** To learn and practice the bounce pass in a new, interesting and fun way.

**Prerequisites:** The students should be able to catch a basketball prior to playing bottle cap.

**Suggested Grade Level:** 6-8

**Materials Needed:** 1 basketball for each pair of students, one bottle cap for each pair of students (you can use plastic caps from just about any jar, bottle or container), and a cone or poly spot for each student. We recommend you use a blacktop or concrete surface. The caps could damage a wood floor.

**Organization:** Groups of 2

**Description of Idea**

Students face their partner while standing 10-20 feet away from their partner. The cap is placed on the floor between the 2 students. Each student places his/her cone or poly spot on the floor next to where he/she is standing. While standing behind the cone or poly spot, students pass the basketball towards the cap. The object is to hit the cap and knock it past your opponents cone or poly spot. Each time the cap is passed by the cone, the student gets one point. While the students are playing the teacher should walk around and remind them of key points for a successful bounce pass (step as you make the pass, follow through with

your hands towards the target, etc.)

**Variations:**

- Use different size caps, more colorful caps, or other objects as targets.
- Let the students choose their "cap".
- Use different kinds of balls.
- Change the distance the students are standing from each other.
- Use a balloon instead of a cap.

**Assessment Ideas:**

Explain the rules of the game and let them play for 5 minutes. Make sure they keep score. After the 5 minutes, call them in and explain and demonstrate key points for a successful bounce pass. Now let them go play for another 5 minutes. After that 5-minute game, call them in again. Ask them if they scored more points the first game or the second game. Most students should have scored more the second game. Discuss the reasons for this (practice, key points, etc.)

*Submitted by Bob Wright in Holland, PA. Thanks for contributing to PE Central! Posted on PEC: 8/29/2001. Viewed 101531 times since 8/24/2001.*

## Assessment Idea:

**Name of Activity:** Dribbling with the Hands Assessment

**Website:** <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=2893>

**Purpose of Activity:** To check for understanding of the cue of "dribbling with finger pads".

**Suggested Grade Level:** 1-2

**Time Needed to Complete:** At the end of class (5 minutes) or in the classroom with the classroom teacher.

### Description of Idea

Use this assessment to find out how successful your teaching was of the cue "dribbling a ball with your finger pads". Try focusing your entire lesson having children use the finger pads and your feedback is about the proper use of finger pads.

Consider having the classroom teacher giving the assessment so they can help with the reading of the first question.

- [Click Here to get the ready-to-print Assessment Sheet](#)

*Submitted by John Pomeroy who taught at Bonsack Elementary School in Roanoke, VA. Thanks for contributing to PE Central! Posted on PEC: 4/30/2014. Viewed 28106 times since 1/14/2002.*