

Name/Title: Pass, Dribble, "D"

Purpose of Event: The main purpose of the activity is to allow students to practice their basketball dribbling skills, chest pass, bounce pass, and defense.

Prerequisites: Students should have had practice dribbling, playing defense, and with the chest pass and bounce pass. Students must also be aware of how to safely move in general space.

Suggested Grade Level: 3-5

Materials Needed: One basketball per 2 students, music (or whistle will work)

Description of Idea

Students will have a partner, one student starts with the ball. On the music start, the offensive player with the ball will dribble the ball in general space, while the defensive player plays defense on them. On the music stop, the defensive player will find space away from the offensive player and receive a pass. (Alternate between bounce passes and chest passes, or dictate which pass should be used.) The roles then switch. This game is continuous.

Assessment Ideas:

This game practices three essential elements of basketball: dribbling, passing, and defense. Teachers can check in for these skills using a rubric of their choice. I favor using the critical elements from the National Standards and Grade-Level Outcomes put out by SHAPE AMERICA. There are elements for basketball dribbling and catching. For the chest pass, I would consider the elements to be 1) asking for the ball, 2) stepping with opposition (non-dominant foot), 3) pushing out from chest, and 4) getting the ball close to partners' target. For the bounce pass, I would consider the elements to be 1) asking for the ball, 2) stepping with opposition (non-dominant foot), 3) pushing down and out from chest aiming 2/3 of the way to partner, and 4) getting the ball close to partners target. For defense I would consider the elements to be: 1) knees bent 2) feet moving 3) hands up.

Adaptations for Students with Disabilities:

Take out the defense.

Ask them which role they would like to play and let them practice only that role with a partner.

No stealing the ball

Smaller ball (or any other type of ball that bounces that the student enjoys) to use as opposed to the basketball

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