

Name/Title: Macarena Basketball Review

Purpose of Event: To review the basketball skills learned in class and to challenge the students to perform specific skills to the beat of the music.

Prerequisites: The students should have previous practice dribbling, faking, shooting, and chest passing.

Suggested Grade Level: 6-8

Materials Needed: The Macarena song on either CD or tape; CD/Tape Player; extension cord or batteries; and one basketball per three students.

Description of Idea

Have the students listen to The Macarena song. Break the song into beats of four. Students should be in groups of three. The first two students will perform the skill (s), while the third student is assessing the performers. The two students performing the skills have one basketball. Use the following pattern (to the beat of the Macarena): four steps while dribbling forwards, switch hands and dribble four steps backwards, fake to the right, take a short self-shot, or to partner, then pass the ball to their partner. The partner then follows the same pattern. The students perform this several times.

Variations:

After they have evaluated each other, I often let them make up their own routines using basketball skills other than the ones we have covered such as alternating hands, ball control activities, or using the bounce pass.

Assessment Ideas:

The assessment sheet should include:

The student's ability to keep their head up while dribbling; keep the ball in control while dribbling; following directions; faking a pass; taking a short self-shot; and completing a chest pass with proper technique, to their partner.

When this is finished, the group may have a conference on what they need to work on, and repeat the activity. I give them three trials before I end the activity and review the key points of the skills we have covered.

Teaching Suggestions:

Make sure the students are far enough apart to prevent people getting hit with the basketball.

This lesson meets National Standards two, seven, and four.

The students should practice the pattern without music prior to performing the task to music.

I would highly recommend breaking it down into counts of four, and putting it together gradually.

Submitted by **Kimberly Meissner** who teaches at Garnet Valley Middle School in Glen Mills, PA. Thanks for contributing to PE Central! **Posted on PEC: 11/22/2002.**

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