

Basketball
Gr. 3-4 (Class 3)

See the Video of this lesson on PE Central:

http://www.pecentral.org/mediacenter/video_basketballdribblinglesson.html

Equipment needed:

- Cones (5)
- Scrap paper
- Pencils
- Mini basketballs (25)
- Pulse monitor (1)
- Stop watch (1)
- Rims (4) to hang in brackets in the gym

Warm-up:

- “Team marathon”
 - Explain marathon: 26 mile running race that takes Olympic runners about 2 hours to run
 - About from school to the Carrier Dome and back
 - We will be running a marathon in class (not all in one day!)
 - We will be doing it in a team
 - All will run around the jogging course and count your own laps
 - When time is up, you will add up your laps with the members of your team to get a “team total”
 - That total is marked on the chart each day you have class
 - When your team gets to the finish line, you are not done
 - You will continue to run laps each day in an attempt to get the other teams to the finish line by Spring Break.
 - We “win” the race if all of the teams from all of the classes reach the finish line by Spring Break
 - Teacher will stand by the door and count the laps of the leader
 - Teacher won’t say who the leader is or how many laps they have
 - Anyone that tells an incorrect number of laps run costs their team a “double penalty”
 - If they don’t tell the truth about their total laps, their team is penalized twice the mistake
 - If the leader ran 10 laps and someone says that they ran 12 laps, they only get credit for 6 laps ($12-10=2$ laps difference $\times 2 = 4$, $10-4=6$ laps total)
 - Teams will add up their totals on scrap paper
 - They are also responsible for their math

- Penalties are the same as above:
 - If the team members ran laps of 8, 8, 9, 7 their total would be 32
 - If they said that they ran 35 laps, they would be penalized 6 laps ($35 - 32 = 3$. $3 \times 2 = 6$ laps)
- Also, after the time is up each day, one student will be given a hand held pulse monitor
- If their heart rate is in the target zone (150-180) they will earn the entire class a free mile/team!
 - If they don't hit the "target," they will not lose any laps they ran, they just won't get the free miles

Skill Development:

- Review Dribbling
 - "What does a good dribbler do?"
 - turn and talk with neighbor
 - Watch for others that dribble with their heads up and use their fingerprints, while you are dribbling yourself
 - Remember while you are watching them, they are watching you!
 - Use spelling lists
 - Dribble in place while you read off your spelling list
 - Each bounce is a letter
 - If finish list, use other hand/alternate hands
 - Review shooting a lay-up
- Review follow through from last class
 - Turn and talk: what was high follow through called?/where does it fit in?
- Review "1-2 step"
 - All with own ball at a basket
 - As you run (or dribble) in toward the basket jump off your inside foot at release of the ball
 - If they have trouble with this, have them **skip** into the hoop
 - Make their last skipping step with their inside foot
 - Divide into groups of 3-4 at a hoop and practice lay ups
 - Teacher check for proper technique
- Intro passing
 - Have kids come up with list of passes for basketball
 - Chest
 - Bounce
- All with a partner with a ball to share
 - Practice the passes that the class came up with
 - Give them :30 to get as many passes as they can
 - Have them compare which passes gives them the higher scores
- All with partner and 2 balls to share

- Pass both balls at the same time
- One throw a bounce pass and one throw a chest pass
- Put one ball away and keep partner
 - On signal, partner with ball dribbles away from the other partner
 - Other partner runs after them (do not tag them, just chase them)
 - On whistle, face each other and pass the ball back and forth as quickly as possible
 - On signal, whoever has the ball dribbles away while the other partner chases
 - Try to get more passes before you tell them to go again

Application:

- All with partner and one ball to share
 - Pass to partner who is running in to a basket to shoot
 - The partner who passes then goes to another basket while the first partner is shooting
 - Shooter gets own rebound then looks for their partner
 - Pass to partner at their new basket
 - Passer then runs to a different basket
 - Sequence repeats itself over and over