

This is a preview!

Full “Basketball Unit” is 40+ pages!

Basketball Unit

3-Week

6th-12th
Grade

Basketball Unit

“Awesome!”

*“Immediately
useful!”*

*This unit
is taken
from:*



Health Education Today

**I am a National Board Certified Teacher
with a Master of Education Degree and I have
experience teaching Elementary, Jr. High, and
High School P.E. and Health.**

Experience
is the best
teacher!



Here is an Overview of the Program:

Name	
	01Basketball Tea...er Directions.docx
	01Basketball Teacher Directions.pdf
> 	02Lead Up Games Basketball
	03Study Guide and Test.docx
	03Study Guide and Test.pdf
> 	04Warm Ups and Stretching
	05Great Website for Basketball.pdf
> 	05Workouts
	07Peer Grading Sheet.docx
	07Peer Grading Sheet.pdf
	08Play Score Sheet.pdf
> 	09Learning Targets and Standards
	10Physical Litera...it Check List.docx
> 	11BONUS Jump Rope Tests
> 	12BONUS Olympic Stations
	13Previews of Other Lessons.pdf
	14Troubleshootin...ues with Files.pdf

REAL TEACHERS' REVIEWS ENDORSE
THIS PROGRAM:

“Love the build up of skills.”

“A no-nonsense, easy to use/implement unit on basketball. It has been put to great use. Thanks!”

“Excellent variety of activities!”

“Awesome!”

“A great time saver.”



What is Included in this Program:

1

37 pages of Step-by- Step Teacher Directions

2

Skills, drills, instruction cues, technique, rules, workouts, warm-ups, and stretches

3

Lead up games!

4

Study Guide and Test

1

37 pages of Step-by- Step Teacher Directions

3-WEEK UNIT OVERVIEW:

WEEK #1:

Fitness Warm Ups Each Day
Basketball and gym rules
SHOOTING
LAY-INS
DRIBBLING/PASSING
OFFENSE/DEFENSE

Drills:

Hot Shot Competition
Lay In Drill
Cone Dribbling Drill
Give and Go
One on One Drill
Bump

Lead-Up Games:

Kickball Basketball
Dribble Mania
3 on 3
Zone Ball
Hula Hoop Scooter Basketball

Fitness Warm Ups:

Running Lines
Sweet 16
Line Jumps
1 Minute Fitness Activities
Daily Warm Ups: Choose from: Jump shots, 21, Scooter
person Passing/Shooting Drill, Dribble challenges, 1

WEEK #2:

Daily Warm Ups
3 on 3
Continue PRO and REC play
5 on 5 rules and games

WEEK #3:

Fun Warm Up Games
5 on 5 games continued
Non-basketball options for those who want to do a
Study Guide and Written Test



Day 1: Basketball Skills and Drills

National Standards Met: Nat. P.E. Standard 1,2,4,5	Common Core Standards Met:	My State Standards Met:
 Equipment Needed:	 How Many:	 Directions:
Basketballs	At least 12	

1. Fitness warm up and stretch: Running lines. In squads, using whistle staggered starts-slow jog, fast break, grapevine, back pedal, skip. Stretch.

2. Basketball Rules for Today:

- No wild, long throws
- When the whistle blows, stop shooting! Especially at the end of class, balls in quickly-there will be consequences for shots after the whistle!

3. Talk SHOOTING and demonstrate: Have volunteer demonstrators at each of the 3 hoops. Take 1 shot each. Bring shooters in lined up in front of group and talk BEEF:

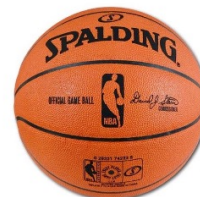
B: Balance-have 2 feet set, shoulder square to the basket. Have knees bent, be relaxed. Hold the ball with fingertips only, spread and relaxed. Use opposite hand as a guide.

E: Eyes-Aim for the rim, and look before shooting.

E: Elbow-shooting elbow should be under the ball lose to body, pointing at the basket when shooting.

F: Follow-through, exaggerate the follow-through with arm fully extended and snap wrist toward basket and downward. There should be a backwards spin to the ball.

This picture was taken from:
<https://www.wikihow.com/Become-a-Better-Basketball-Shooter>



Method 1
Practicing Perfect Form
Download Article



4 Follow through and hold. When you shoot the ball, make sure that you follow through with your shot by snapping your elbow.^[7] Then, hold the position until the ball makes contact with the hoop and/or net. Following through and holding after you shoot the ball will help to improve your shot accuracy.^[9]

- Follow through with your body as well. Begin your shot in an athletic position, then spring up off of the floor as you shoot the ball.^[9] Keep your body in this extended position after you make the shot.^[10]

Program is standards-based:



National Standards

Common Core



Day 3: Basketball Skills and Drills

National Standards Met: Nat. P.E. Standard 1,2,4,5	Common Core Standards Met:	My State Standards Met:
 Equipment Needed:	 How Many:	 Directions:
Basketballs	At least 12	
Rubber playground ball	1	

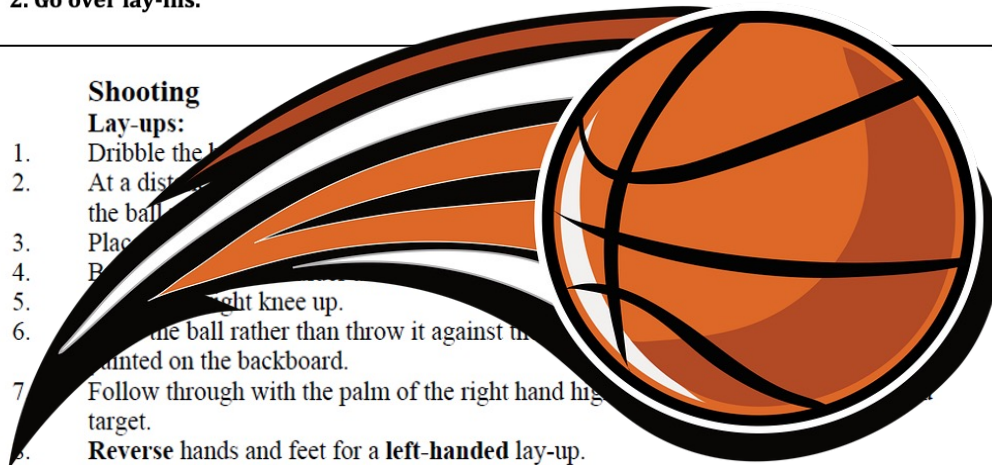
1. Fitness warm up and stretch: Sweet 16 Workout (See below) See the top of this unit for more warm ups and stretches, or look in main folder #9 for other warm up ideas.

2. Go over lay-ins.

Shooting

Lay-ups:

1. Dribble the ball.
2. At a distance, place the ball on the floor.
3. Place the ball on the floor.
4. Bounce the ball.
5. Right knee up.
6. Throw the ball rather than throw it against the backboard.
7. Follow through with the palm of the right hand high.
8. Reverse hands and feet for a left-handed lay-up.



2

Skills, drills, instruction cues, technique, rules, workouts, warm-ups, and stretches

#1: Move It Warm Up:

1. Step to side, tap and back 8x
2. Opp hand pulls knee 4x
3. Other side opp. hand pull 4x
4. Grapevine right with a clap 5x
5. Break a stick on knees forward 4x
6. Grapevine left with a clap 5x
7. 4x step right jump up, step back
8. 4x step left jump up, step back
9. 4x side right leg lifts (arms out to side)
10. 4x side right leg lifts (arms out to side)
11. Repeat if you don't feel warm yet!

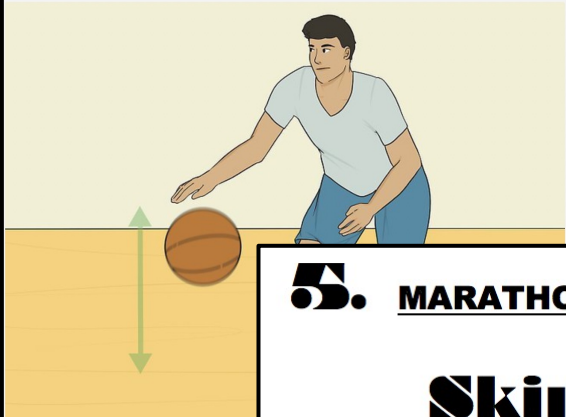


Basketball Skills:

Dribbling:

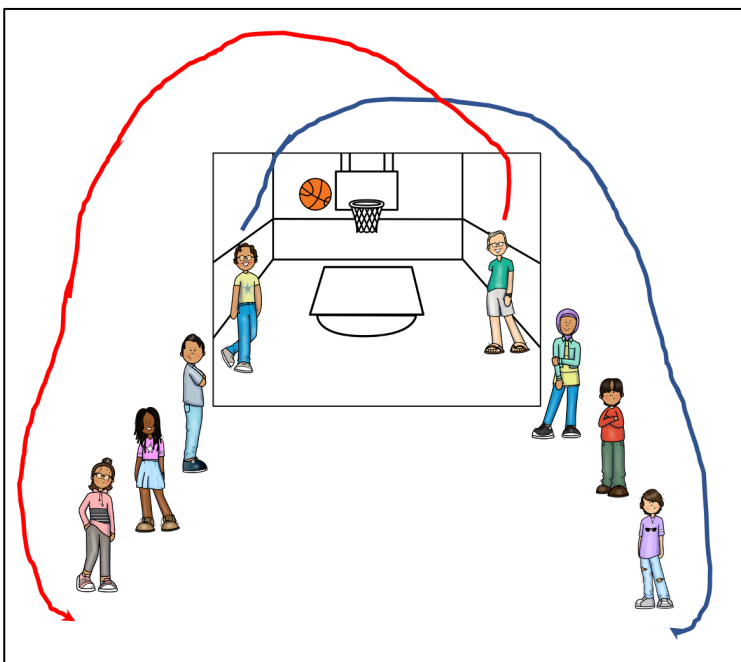
1. Keep a staggered balanced stance. Bend at the waist position. Keep your weight balanced on the balls of your feet.
 2. Keep your head up – do **not** look at the ball.
 3. Keep your wrist relaxed and cup your hand slightly.
 4. Dribble the ball by pushing with the finger pads –**no** palms.
 5. Never bounce the ball higher than the waist.
 6. Use the non-dribbling arm and hand to protect yourself.
- for speed dribbling:**
- Keep the body more upright leaning only slightly forward.
 - Push the ball forward out in front of the body.
 - The faster you are running the further forward you push the ball.

Part 1 Dribbling the Ball [Download Article](#)



5 Use enough force to bounce the ball. The ball should be pretty low to the ground. When you bounce the ball, it should be higher than your thigh. If it's up by your waist, you're bouncing it too high. Bouncing the ball too high gives defenders a chance to steal it from you.^[5]

- Get familiar with the surface you're dribbling on. Harder surfaces are springier. Softer surfaces like grass or sand require more force in order to get it to bounce back up.
- Think of the ball as an extension of your hand. You should get a sense of the court and how the ball is in relation to your feet.



5. MARATHON:

Skip with High Knees

-Step (R), lift opposite knee (L), step other foot (L), lift opposite knee (R)



3

Lead up games!

Basketball 21:

1st player takes a shot from the foul line.

5 points if you make it.

2. 2nd shot is taken from wherever you get your 1st rebound. (if you made 1st shot and get rebound directly under hoop you are allowed to shoot again)

3 points if you make it.

3. 3rd shot is taken from wherever you get your 2nd rebound. (if you made 2nd shot and get rebound directly under hoop you are allowed to shoot again)

1 point if you make it.

If you make 3 baskets in a row you get to go again.

Now partner goes.

The first to 21 points wins. Also, if you get 21 points you win.

-Keeping the body fit is a life-long activity.

-Dancing is a life-long activity.

-Jump roping is a life-long easy fitness activity. You can jump rope almost anywhere, anywhere. Tuck a jump rope under your arm and exercise while you travel!

Sweet 16 Dribbling:

1. Both partners: Run 1 Sweet 16 –run the basketball lines–run to first line and touch the line and back, then to the next line and back, next and so on until the end line.

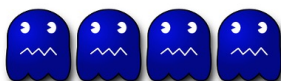
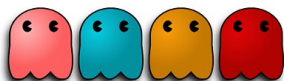
2. Partner 1: wall sit
Partner 2: crunchies
Switch

3. Partner 1: wall jumps
Partner 2: jog
Switch



Dribbling Pac Man Tag:

- Select four students to be it and a student judge to help you see cheaters!
- The students who are not it must dribble around the gym and try and not get tagged by the students who are it.
- The students who are not it can only run along the lines of the gym. If they cheat and don't run on the lines they are also it. You can decide if the "Its" should also be dribbling!
- If a student gets tagged they must become taggers with the others who are it. Tag everyone else until everyone is caught.
- The students who are it must also run on the lines.



4

Unit Test and “Peer Assessment Sheet”

Name: _____ Per: _____ Date: _____
Basketball Test

BASKETBALL WRITTEN TEST:

your score: _____ / 15

A. TRUE/FALSE: Place a T or F in the blank.

- _____ 1. The game of basketball used to use peach baskets for goals.
- _____ 2. The basket for the game is exactly 12 feet from the floor.
- _____ 3. The game is started with a team passing the ball in the right
- _____ 4. When shooting a lay on the right side of the basket, you should use your right hand and go off your left foot.

B. FILL-IN: Place the correct word for the blank.

6. Each basketball team has five players: two _____ and one _____.
7. The team that has the ball is said to be on _____.
8. Each shot made inside the 3 point arc is worth _____.
9. Each free throw made is worth _____ point(S).
10. When a player moves his/her feet while in possession of the ball, it is called a _____.
11. You are not allowed to stay in the key for longer than _____.
12. If a player is in the key for longer than _____, it is a foul.
13. Give _____.

Name: _____ **KEY**
Basketball Test

BASKETBALL WRITTEN TEST:

A. TRUE/FALSE: Place a T or F in the blank.

- T 1. The game of basketball used to use peach baskets for goals.
- F 2. The basket for the game is exactly 12 feet from the floor.
- F 3. The game is started with a team passing the ball in the right
- T 4. When shooting a lay on the right side of the basket, you should use your right hand and go off your left foot.

B. FILL-IN: Place the correct word for the blank.

6. Each basketball team has five players: two forwards and one center.
7. The team that has the ball is said to be on offense.
8. Each shot made inside the 3 point arc is worth 2 point(S).
9. Each free throw made is worth 1 point(S).
10. When a player moves his/her feet while in possession of the ball without dribbling it's called a travel.

Student Assessment Form:

Student Name: _____

Period: _____ Date: _____

Class: _____

Skill Assessing: _____

Comments/Observations:



Circle Score: Grade:

A	A-	B	C	D	F
10	9	8	7	6	5 or lower
Excellent	Very Good	Good	Adequate	Acceptable, but could improve	Needs Improvement

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Alternate Ideas During Game Play:

-Dancing is a life-long activity.

-Keeping the body fit is a life-long activity.

-Jump roping is a life-long easy fitness activity to do yourself, almost anyplace, anywhere. Tuck a jump rope and even exercise while you travel

Alternate S

1. Ping Pong: If you can set up a table of your gym, this works great

2. 4-Square: It's easy to set up in the gym

3. Line Dancing-bring on the students if you see them. Basketball game! If needed, make a poster of "Dance" folder in the "In" folder

4. Jump Roping: Bring out the short ropes. You could put them from that unit in "Inside the Box" jump until they miss and catch it down on a poster and then

5. Give them a boom box and have students do the

6. Or, off

What would you like to do in PE this year? Using this list **circle 10 activities you would like to do**. Of those 10, choose your favorite 5, and number them from 1-5, with 1 being the activity you would **most like to do** all the way to number 5.

- ___ 4-Square
- ___ aerobics/dance
- ___ archery
- ___ backpacking/camping skills
- ___ badminton
- ___ ballroom Dancing
- ___ basketball
- ___ body workouts (abdominal work, leg and arm work, stretches)
- ___ bicycling
- ___ bowling
- ___ Bucca Ball
- ___ canoeing/boating
- ___ combatives (Strength challenges)
- ___ Croquet
- ___ Dodgeball
- ___ fitness testing
- ___ fitness workouts (class would be a fitness center with choices)
- ___ jump roping
- ___ football
- ___ Frisbee Golf
- ___ golf
- ___ hacky sack
- ___ handball
- ___ hiking
- ___ hip hop dance
- ___ Any other suggestions

___ Karate/self-defense



___ line dancing

___ Nutrition lessons-diets, calories, fast food info, dangers of energy drinks, body fat %

___ obstacle courses

___ orienteering (compass/geocaching)

___ pickleball

___ ping pong

___ putt putt golf

___ relays

___ ropes course/trust building

___ Salsa Dancing

___ scooters

___ skating/roller blading

___ soccer

___ softball

___ Speedball

___ square dancing

___ around the gym

___ rotate through

___ step benching

___ Team Handball

___ up like a sports

___ ultimate Frisbee

___ Zumba

___ horseshoes

___ yoga

Health Education Today

Deal a Healthy Heart

Ace: runs 1 lap

King: 25 jumping jacks

Queen: crab walk (to a certain mark you determine)

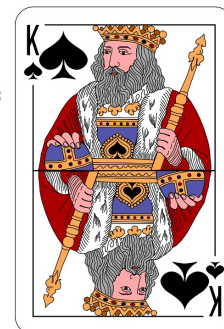
Jack: 25 forward lunges

Diamond: That # of push-ups

Heart: 2 sets of that # of side-to-side jumps

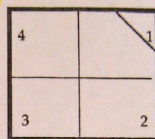
Club: That # of high knees

Spade: that # of sprints!



FOUR SQUARE RULES:

1. Server stands in the #1 square. Server calls any special game.
2. Players waiting stand by the #4 square. The first person in line is the judge. (If there is an argument and the judge didn't see it clearly, **RE-SERVE**.)
3. Server must have 1 foot in diagonal corner when serving. All other times his foot does not have to stay in corner.
4. To serve, drop the ball and hit with an open hand, fingers pointing down. **Serve must be returnable.**
5. The ball does not have to bounce before being hit, but if it does bounce, it may only bounce once.
6. Lines are good!!!
7. No catching or carrying
8. When you miss, go to end of line and next person waiting comes into #4 square.
9. Ball must be hit with an open hand with fingers either up or down-no fists. Using 1 hand is fine.



Offer active alternatives for students who don't want to play in games!

Learning Target Posters Included:



Free Updates! Just re-download.

Thank you for previewing:

This Program's Creator is a
Qualified Teacher

◆ I am a National Board Certified Teacher
with a Masters of Education Degree and I
have experience teaching Elementary, Jr. High,
and High School P.E.; and High School Health.

Experience
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Works Cited:

About the Author:

- ◆ I am a certified K-12 Physical Education and Language Arts teacher and I also have my Health certification. Over my teaching career I've taught all grade levels and a variety of subjects, including: Junior High P.E.; 8th Grade Reading; Elementary P.E.; 9th Grade English; 9th Grade P.E.; High School Aerobics; and 9th Grade Health. I have my Master's of Education Degree in Instructional Technology and I received my National Board Certification in Health.
- ◆ My hobbies include my family, photography, birding, reading, gardening, sewing, hiking, camping, and travelling.

Standards:

<https://www.k12.wa.us/sites/default/files/public/healthfitness/standards/healtheducationk-12learningstandards.pdf>
<http://www.cdc.gov/healthyyouth/sher/standards/>
<http://www.corestandards.org>

Graphics:

<https://pixabay.com/>

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Stay Safe Move More symbol:

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