

Physical Education

Unit 1: Basketball

Essential Understandings	▪ There are benefits to physical activity, cooperation, and teamwork.
Essential Questions	▪ What is a chest pass, bounce pass, one arm pass? ▪ What is a lay-up, or jump shot? ▪ What is an illegal dribble? ▪ What is a catch?
Essential Knowledge	▪ Basic Rules ○ Five players on a team in a regulation game. ○ Alternative games: 3 v 3; knock-out; “21”; Horse. ○ Scoring points in each type of game. ○ Major fouls/violations. ○ Tie ball rule. ▪ Scoring ○ Foul shot = 1 point; field goal = 2 points; beyond the “arc” = 3 points. ▪ Game Etiquette ○ Call own fouls to encourage fair play. ○ Include all teammates in game. ○ No “hogging” the ball. ▪ Safety ○ Pay attention to ball movement to prevent injury. ○ Call fouls/violations to prevent aggressive behavior.
Vocabulary	▪ <u>Terms:</u> ○ Chest pass; bounce pass; one-arm pass; legal dribble; lay-up; jump shot
Essential Skills	▪ Demonstrate appropriate dribbling and ball handling skills. ▪ Demonstrate good sportsmanship and ability to work with a team. ▪ Demonstrate chest pass, bounce pass, and one-arm pass. ▪ Demonstrate shots: lay-up; jump shot.
Related Maine Learning Results	<u>Health and Physical Education</u> G. Movement/Motor Skills and Knowledge G1. Stability and Force Students change their motion and the motion of objects by applying the principles of stability and force during skill practice. a. Demonstrate the principle of opposition, b. Demonstrate how the point of contact changes the path of an object. c. Demonstrate how the point of release changes the path of an object. d. Demonstrate lifts and actions that decrease risk for injury.

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	G2. Movement and Skills Students demonstrate motor skills and manipulative skills during Drills or modified games/physical activities - Demonstrate correct technique for motor skills and manipulative skills during drills or modified games/physical activities. - Combine manipulative skills with motor skills during drills or Modified games/physical activities. G3. Skill-Related Fitness Components Students describe the following skill-related fitness components: balance, coordination, agility, speed, and power. G4. Students explain how specific, positive, and correct feedback affect skill improvement. I. Personal and Social Skills and Knowledge 11. Cooperative Skills Students demonstrate cooperative and inclusive skills while participating in physical activities. - Work together as a team. - Respond appropriately to peer pressure. - Manage conflict. - Engage peers respectfully in activities. 12. Students demonstrate responsible personal behaviors while participating in physical activities. 13. Safety Rules and Rules of Play Students describe game/physical activity rules and safety rules and their purposes. - Explain the purpose for modifying playing rules in specific situations. - Explain the safety rules and possible risks associated with specific games/physical activities.
Sample Lessons And Activities	▪ NBA line drills requiring students to dribble the ball while weaving in and out of cones; dribble to basket and shoot using either a lay-up or jump shot; dribble down court and back and then alternate a chest pass/bounce pass to each member of line. ▪ Hoops for Heart competitions: Hot Shot Blitz; Quick Shot; Foul Shooting
Sample Classroom Assessment Methods	▪ Classroom/field observation ▪ Skills checklist
Sample Resources	▪ <u>Publications:</u> ○ <u>Complete Physical Education Plans For Grades 7-12 – Kleinman</u> ○ <u>Physical Education for Children – Lee, Thomas, Thomas</u>

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	○ <u>Student-Centered Physical Education</u> – Smith, Cestaro
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