



# Unified PE

Basketball: Passing

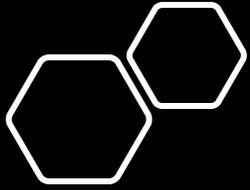
# Agenda

## What are we doing today?

- Learning Goals
- Skill: Passing
- Warm-up: Darebee Show Time
- Activity:
- Cool Down: Darebee Sandman

## What's due?

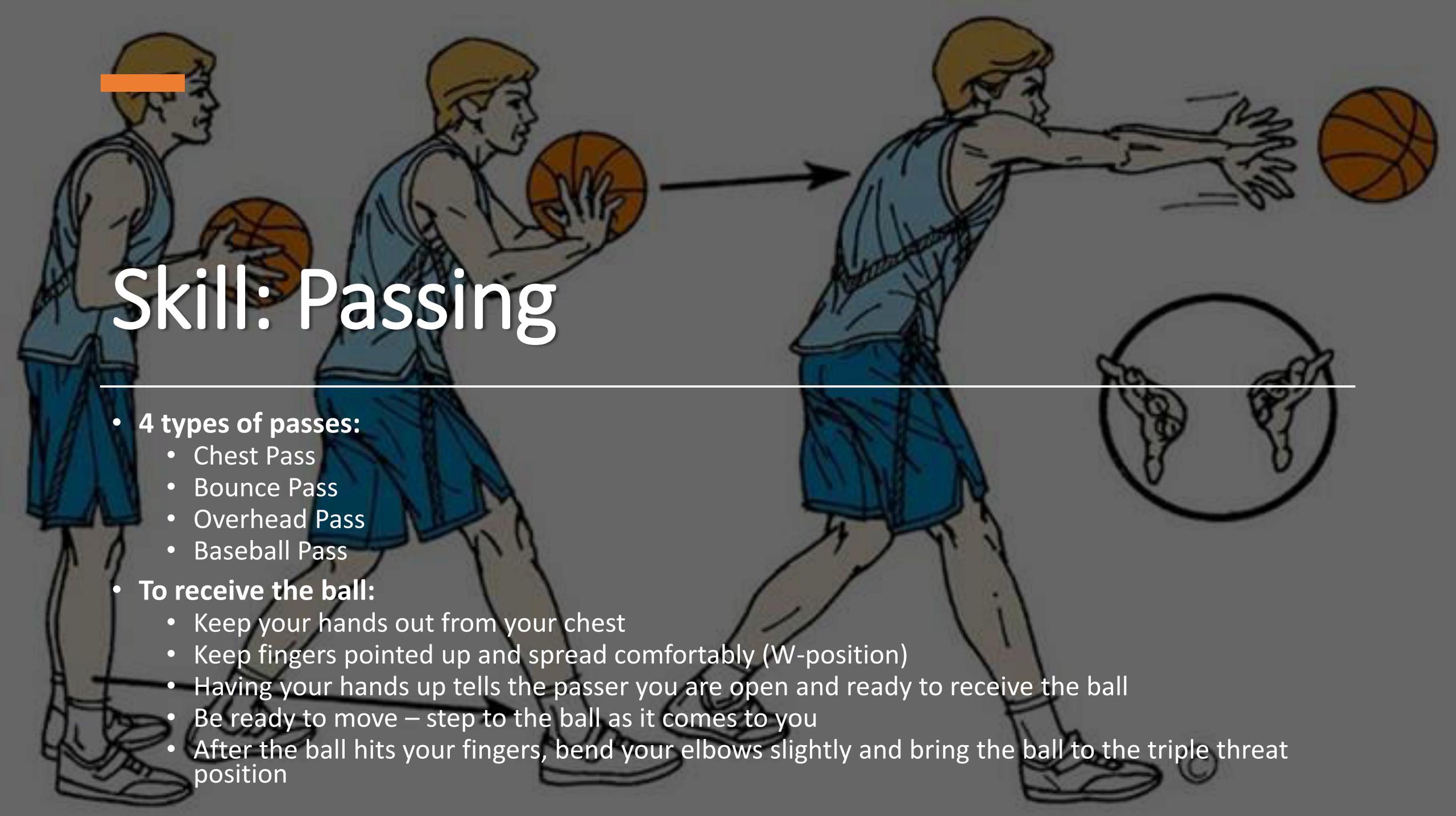
- Nothing 😊



# Learning Goals

- I can work hard at home and in school to improve my physical fitness
- I can name the 4 types of passes
- I can perform each pass with the correct cues





# Skill: Passing

- **4 types of passes:**

- Chest Pass
- Bounce Pass
- Overhead Pass
- Baseball Pass

- **To receive the ball:**

- Keep your hands out from your chest
- Keep fingers pointed up and spread comfortably (W-position)
- Having your hands up tells the passer you are open and ready to receive the ball
- Be ready to move – step to the ball as it comes to you
- After the ball hits your fingers, bend your elbows slightly and bring the ball to the triple threat position

# Cues: Chest Pass

## Skill Breakdown

*Learn how to perform this skill with this detailed breakdown.*



**Triple Threat**  
Knees bent  
Back straight  
Protect ball near hip

**Step Forward**  
Bring ball to chest, elbows flared out to sides  
Take a step forward with dominant foot  
Make visual contact with target  
Stay low

**Push**  
Shift weight onto forward foot  
Extend arms, pushing ball directly towards target's chest

**Follow Through**  
Extend arms fully  
Flick wrists outwards

# Skill Breakdown

*Learn how to perform this skill with this detailed breakdown.*



## Triple Threat

Knees bent

Back straight

Protect ball near hip



## Step Forward

Bring ball to chest, elbows flared out to sides

Take a step forward with dominant foot

Make visual contact with target

Stay low



## Push

Shift weight onto forward foot

Extend arms, pushing ball towards the ground about 2/3 of the distance towards target



## Follow Through

Extend arms fully

Flick wrists outwards

# Cues: Bounce Pass

# SHOW TIME

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 jumping jacks



10 side bends



10 jumping jacks



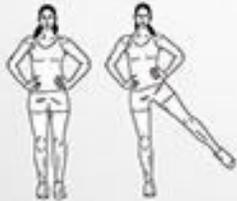
10 knee-to-elbows



10 side bends



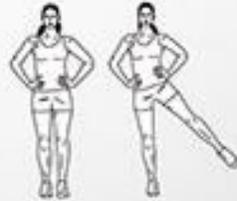
10 knee-to-elbows



10 side leg raises



10 side bends



10 side leg raises

## Warm-up: Darebee Show Time

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- Complete the following exercises 2x:
  - 10 jumping jacks
  - 10 side bends
  - 10 jumping jacks
  - 10 knee-to-elbow
  - 10 side bends
  - 10 knee-to-elbow
  - 10 side leg raises
  - 10 side bends
  - 10 side leg raises

# Activity: Passing Practice

- [Wall Passing](#)
- [3 Passing Drills for At-Home by yourself](#)
- [Passing Drills to Do By Yourself \(Advanced\)](#)



A good shot starts with a good pass.

# Sandman

DAREBEE WORKOUT © [darebee.com](http://darebee.com)

Hold each stretch for 30 seconds then move on to the next one.



## Cool Down: Darebee Sandman

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- Hold each stretch for 20-30 seconds