

The background is a dark, semi-transparent image of a basketball game. It shows a crowd of spectators in the stands, several players on the court, and a referee. The scene is captured in a way that suggests motion, with some blurring. The text is overlaid on this image.

Unified PE

Basketball: Lay-Up

Agenda

What are we doing today

- Learning Goals
- Skill: Lay-Up
- Warm-up: Darebee Toughie
- Activity: Lay-Up Practice
- Cool Down: Darebee Glow

What's Due?

- Nothing 😊



Learning Goals

- I can work hard at home and in school to improve my physical fitness
- I can name the cues for performing a lay up
- I can perform a lay up using correct form

Skill: Lay-Up

- **Lay-up** – a shot where we lay the ball up on the backboard or over the rim and into the basket.
- How to complete a lay-up:
 - Dribble toward the basket and move slightly to one side of the hoop to create the correct angle
 - From right side (reverse for left side) –
 - Dribble right-handed,
 - Pick the ball up on your right foot (half step) as you progress to the basket.
 - Step with your left foot (inside foot) and explode toward the basket shooting with your right hand.
 - As you raise your right hand, your right knee should elevate and lift toward the basket (pretend there is a string attached



Skill: Lay-Up Cues

LEFT HAND SIDE

Hold the ball in 2 hands ☐

Take off with the **RIGHT** foot ☐

Bring **LEFT** knee up ☐

Shoot ball with **LEFT** hand ☐

Aim for the top **LEFT** hand corner of the square ☐

THE LAY UP – INTRO (5)

RIGHT HAND SIDE

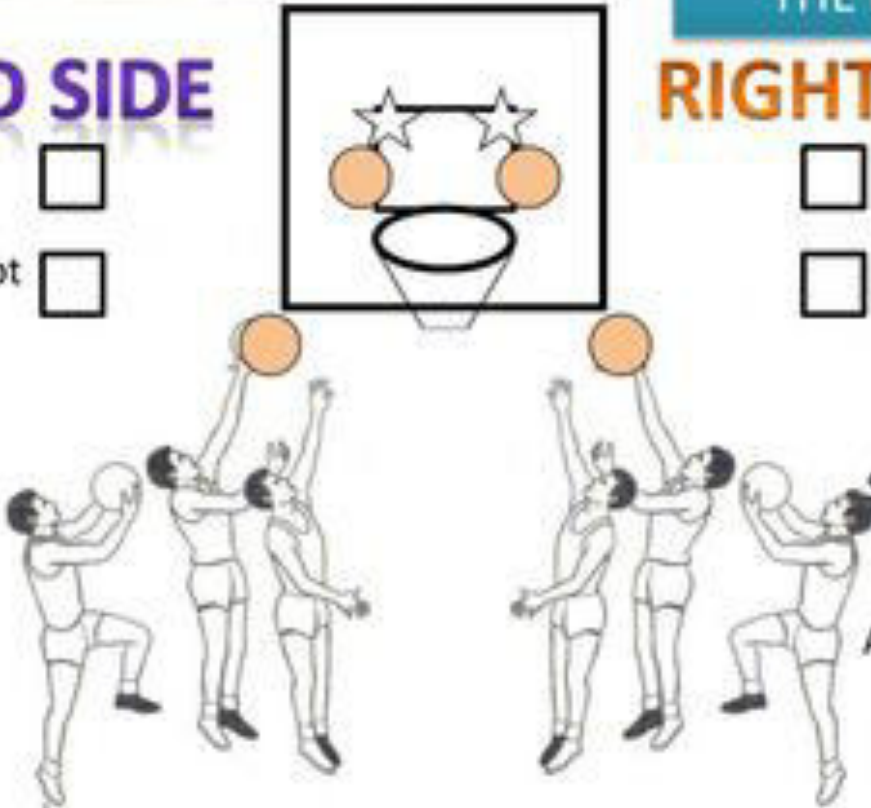
☐ Hold the ball in 2 hands

☐ Take off with the **LEFT** foot

☐ Bring **RIGHT** knee up

☐ Shoot ball with **RIGHT** hand

☐ Aim for the top **RIGHT** hand corner of the square

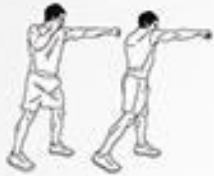


The diagram illustrates the mechanics of a lay-up. At the top center is a basketball hoop with a square backboard. Two stars mark the top corners of the square: the top-left corner is labeled 'LEFT' and the top-right corner is labeled 'RIGHT'. Below the hoop, two sets of three basketball players are shown in various stages of a lay-up. The left set of players is positioned to the left of the hoop, and the right set is to the right. Each player is holding a basketball. The players are shown in a sequence of three, illustrating the progression of the lay-up from the ground to the basket.

toughie

DAREBEE WORKOUT © darebee.com

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



10 punches



10-count squat hold



10 punches



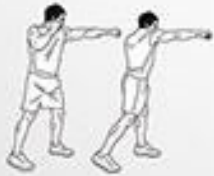
10 squats



10 punches



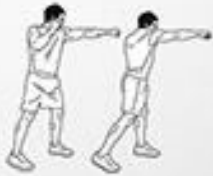
10 squats



10 punches



10-count squat hold



10 punches

Warm-Up: Darebee Toughie

- Complete the following exercises 2x:
 - 10 punches
 - 10-second squat hold
 - 10 punches
 - 10 squats
 - 10 punches
 - 10 squats
 - 10 punches
 - 10-second squat hold
 - 10 punches

Activity: Lay-Up Practice

- No ball form practice
- Form practice with a ball
 - [Form Layup With a hoop](#)
 - [How to improve layups without a hoop](#)
- On your own ... practice on both the right and left side of a net or wall – 10x on each side
 - Challenge yourself! See how many lay ups you can do successfully in a row on both sides. Try to beat your score!



GLOW

DAREBEE WORKOUT © darebee.com

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

Repeat the sequence again on the other side.



Cool Down: Darebee Glow

Hold each pose for 20-30 seconds