

Welcome Back to P.E.

WISH Movement
Week 5 Day 1
Unit focus - Basketball



BALL IS LIFE

Today you will need:

1. open space
2. workout clothes
3. water bottle

Optional equipment:

1. a basketball or something you can dribble

Public Chat Expectations

**LET'S TACO
BOUT IT**



1. Comments should be on topic
2. Students are encouraged to answer questions that other students may have in the chat.
3. No side conversations in public chat
4. If you wouldn't say it in person then don't say it online.
5. Do not add unneeded characters to the chat (i.e. random letter, emojis, :), etc.

Warm Up- How Basketball is Played



Poll Question

The team with the ball is on?

A.Defense

B.Offense

Stretching

Hold each stretch for 10 sec.



Today's Focus- Dribbling



1. Keep your eyes up, don't look at the ball.
2. Extend your arm and snap your wrists to send the ball into the ground.
3. Use your fingers, not your palm,
4. Do not bounce the ball too high while dribbling. That will give you more control over the ball make it harder for defenders to steal the ball.
5. Use your body and your non-dribbling arm to shield the ball from defenders.

20 Minute Workout

Option 1: If you have a basketball today you are going to go to the NBA Jr. Website and practice the ball handling drills. Ball Handling Archives - NBA.com

Option 2: If you do not have a basketball today you will complete the Darebee Slam Dunk Workout



Poll Question

If you had to pick one...

- A. LA Lakers**
- B. LA Clipper**
- C. Golden State Warriors**
- D. Sacramento Kings**

Today's Canvas Assignment

There is no Canvas assignment to be submitted today.

- **During this time you are to go the class website and review the basketball section**

Welcome Back to P.E.

WISH Movement
Week 5 Day 2- Basketball



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Warm Up- How Basketball is Played



Poll Question

How many points is a made
free throw worth?

A.1

B.2

C.3

Violations



Traveling



Poll Question

When the ball carrier stops dribbling then starts dribbling again this is called?

A. Carry

B. Traveling

C. Double Dribble

Stretching

Hold each stretch for 10 sec.



20 Minute Workout

Option 1 (with Basketball):

Open the Basketball dribbling drills document and complete as many drills as time allows. If you are looking for more advanced dribbling drills work on Level 2 dribbling drills

Option 2 (without equipment):

We will be working on a Vertical Jump Workout.

Or pick something from the Choice Board section of the website.



Poll Question

What is the name of Los Angeles WNBA team?

- A. The Storm**
- B. The Sparks**
- C. The Liberty**
- D. The Aces**



Today's Canvas Assignment

There is no Canvas assignment to be submitted today.

- **During this time you are to go to Canvas and work on missing work in P.E. class**

Fitness Thursday

WISH Movement
Week 5 & 6 Fitness Thursday



Zoom Behavior Expectations

LET'S **TACO**
BOUT IT



- Virtual Backgrounds are **not** permitted
- Remain muted during whole group time
- No spamming in the chat- do not add unneeded character, random letters, or emojis.
- Follow the directions in the breakout room at all times (future slide).
- You must have your **first name last initial** as your screen name
- Video and Mics must **be turned on when asked for by the teacher**

Today you will need:

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3. a towel
4. water bottle



FitnessGRAM

Fitnessgram is a comprehensive fitness assessment for youth. It includes a variety of health- related physical fitness tests designed to assess

- **cardiovascular fitness**
- **muscle strength**
- **muscular endurance**
- **flexibility**
- **body composition**



Warm Up

Fitnessgram Practice



1



2



3

FitnessGRAM Distance Learning Practice

Complete the 3 fitnessgram practice tests.

Go to Canvas and complete the

“FitnessGRAM Day 3 Log”

We will meet back at _____



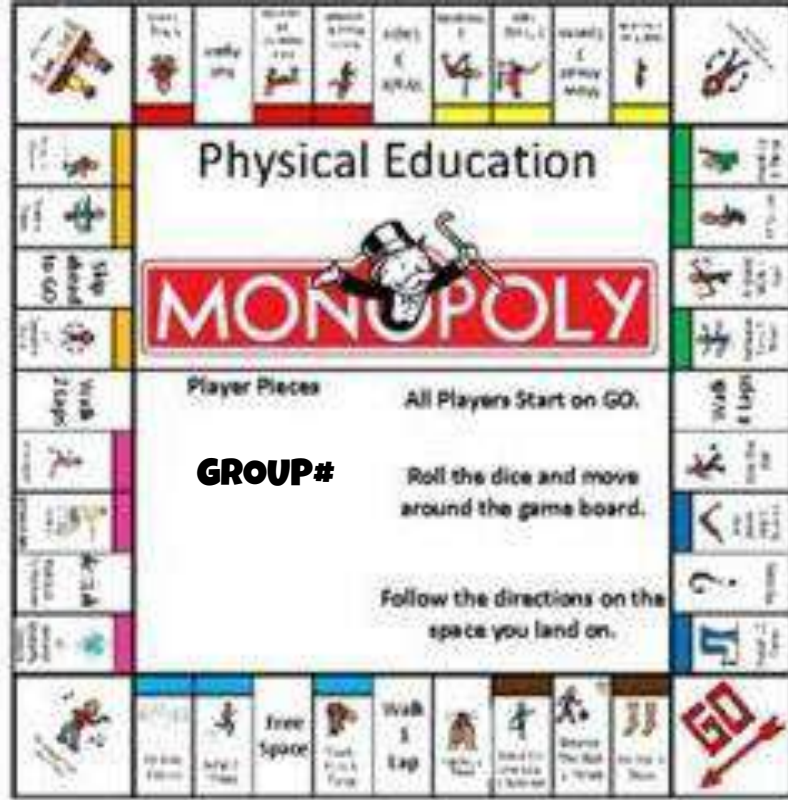
Fitness Games



Breakout Room Rules

- Moderator- Each room will have one moderator. The moderator is responsible for making sure that the comments in the room stay on topic and sharing their screen.
- Time keeper- will make sure that the group stays on topic and is able to complete the given assignments in the amount of time given.
- All members of the room- responsible for making sure all members of the group follow our class rules. Conversations (typed or verbal comments) are school appropriate and emotionally safe. Disrespect to others will not be tolerated.
- Follow the rules so we can have more break out rooms in the future. If you can't handle a break out room you will stay in the main room with during future lessons.
- Use your microphone to communicate about the assignment with classmates.

MONOPOLY FITNESS



Breakout Room Directions

Work your way around the Monopoly board and complete fitness activities along the way. All players start on GO!

1. Write your name below and select a shoe to travel the board
2. The moderator will share their screen and present the board to everyone (if you do not present the slide, the game does not work)
3. Player 1 goes first
4. Roll the die (the player must tell the moderator to stop the dice roll video)
5. Move your shoe the number of spaces on the die
6. Click on game board where you landed to reveal your fitness activity
7. Complete your activity (No camera on the player moves backwards 2 at the end of their turn)
8. Next player's cannot roll until the activity is complete by previous player
9. Each time around the board you earn 1 point. The person who makes it around the 3 times first wins.

Name:

Name

Name:

Name

Name

Name

Welcome Back to P.E.

WISH Movement
Week 6 Day 1- Basketball



BALL IS LIFE

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Optional equipment:

1. a basketball or something you can practice shooting with

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5. You must have your **first name last name** as your screen name
6. Video **will be asked to be turned on and off** throughout lesson

Today's grade is based on class participation

Each student will earn 10 points today under the

Week 6 Day 1 Participation Canvas assignment

Points will be deducted from this grade:

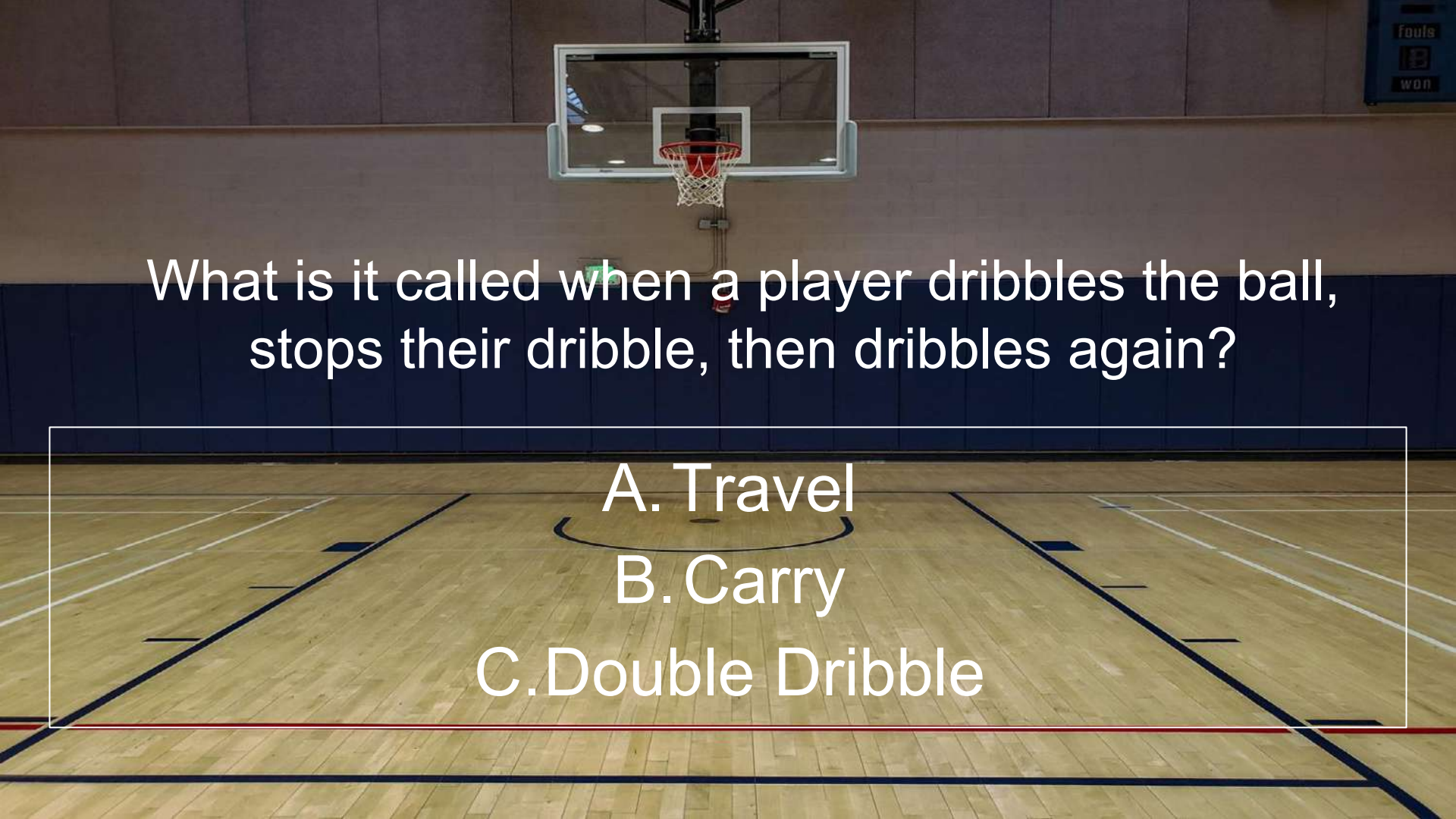
1. If a student does not respond to a teacher class out.
 2. Each time a student does not answer a poll question.
 3. If a student is not participating in class warm ups or breakout sessions.
- This is an in class assignment and points can not be made up at a later date



Let's Review

Poll Questions

(also wish me luck I have never used
a Zoom poll before)



What is it called when a player dribbles the ball,
stops their dribble, then dribbles again?

- A. Travel
- B. Carry
- C. Double Dribble


An outdoor basketball court with a grey concrete floor and white boundary lines. A basketball hoop with a grey backboard and orange rim is mounted on a metal pole. A basketball is on the floor near the free-throw line. In the background, there is a chain-link fence and wooden bleachers.

If a player walks while holding the ball it is called what?

A. Travel

B. Carry

C. Double Dribble

A basketball hoop with a red rim and white net is mounted on a tall, curved, grey metal stand. The stand is positioned on the left side of an outdoor basketball court. The court has a brown, textured surface with white painted lines for the key and three-point arc. The background is a vast, flat landscape under a cloudy, overcast sky.

A basketball game starts with this?

- A. Kick off
- B. Jump Ball
- C. Foul Shot
- D. Throw in

Intro to Shooting



Poll Question

**When shooting the basketball
which fingers are the last fingers
to touch the ball?**

- A.Index and middle**
- B.Middle and thumb**
- C.Index and pinkie**

Stretching

Hold each stretch for 10 sec.



20 Minute Workout

Option 1 (with Basketball):

Go outside and practice shooting from anywhere on the court. Your goal is to make 25 shots by the end of our breakout session.

Option 2 (agility ladder, sidewalk chalk, or good imagination required):

Ladder drills - see slide deck on class website

Option 3 (streaming video):

_____ Follow along with today's streaming video

We will meet back at _____



Poll Question

The NBA is currently in the middle of the Conference Finals, which team is not one of the 4 teams playing?

- A. The Miami Heat**
- B. The Denver Nuggets**
- C. The Houston Rockets**
- D. The Boston Celtics**



Today's Canvas Assignment

There is no Canvas assignment to be submitted today.

- **During this time you are to go to Canvas and work on missing work in P.E. class**

Welcome Back to P.E.

WISH Movement
Week 6 Day 2- Basketball



BALL IS LIFE

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Optional equipment:

1. a basketball or something you can practice with

Zoom Behavior Expectations



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Intro to player positions & Roles

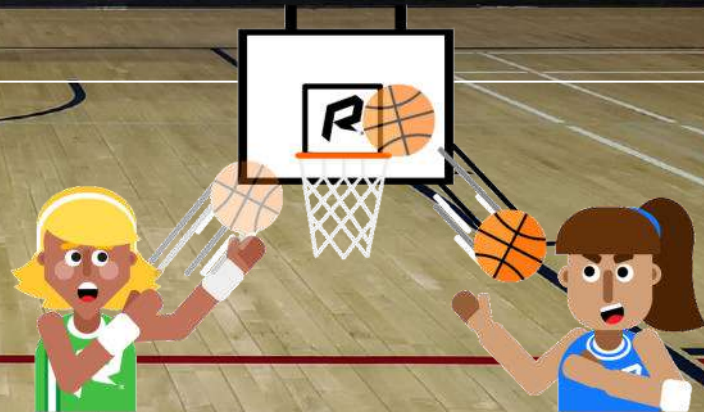


BASKETBALL

Understanding the Positions and Roles

What is a rebound?

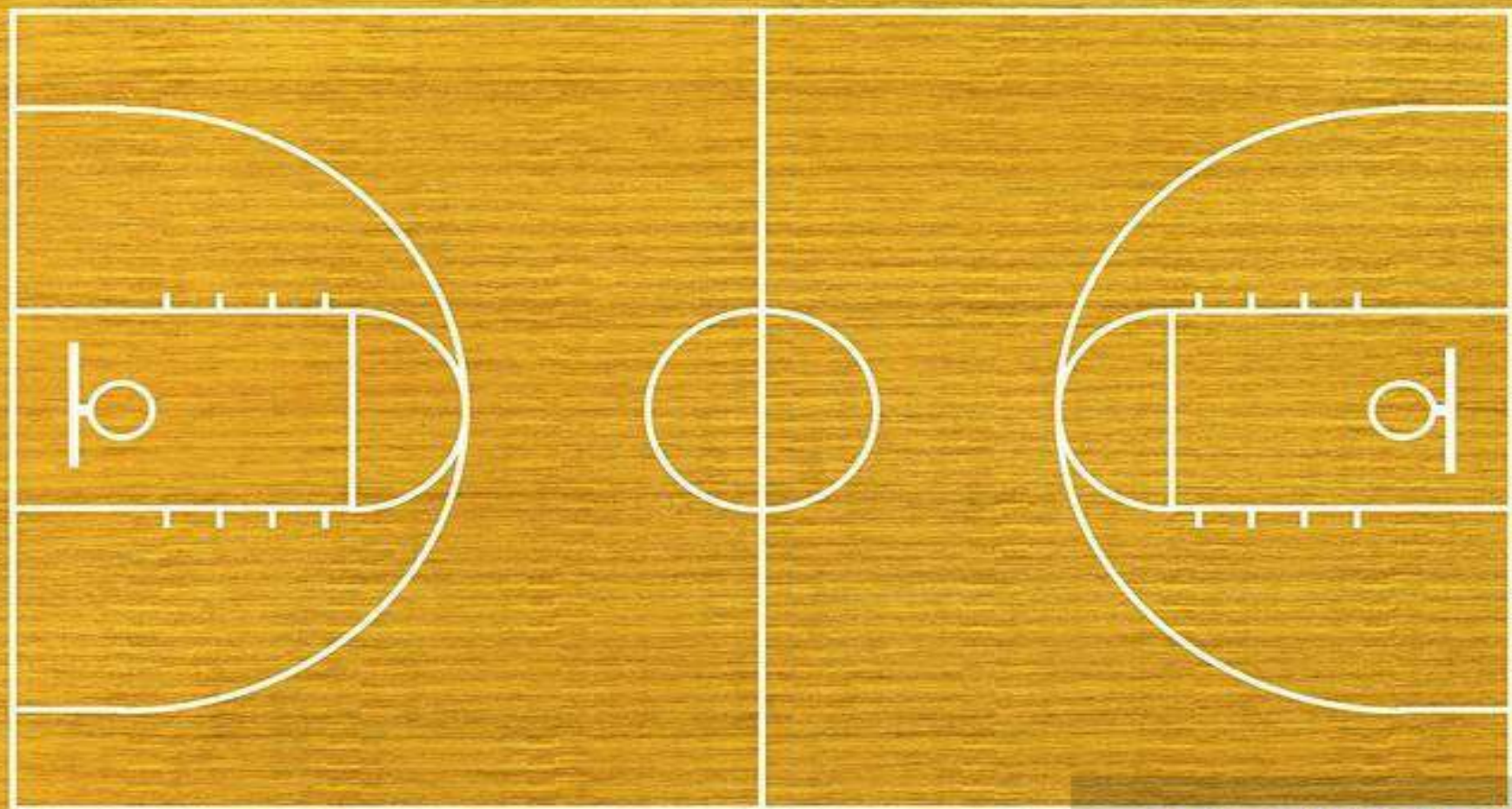
- A. When a player walks with the ball
- B. Retrieving the ball after a missed shot

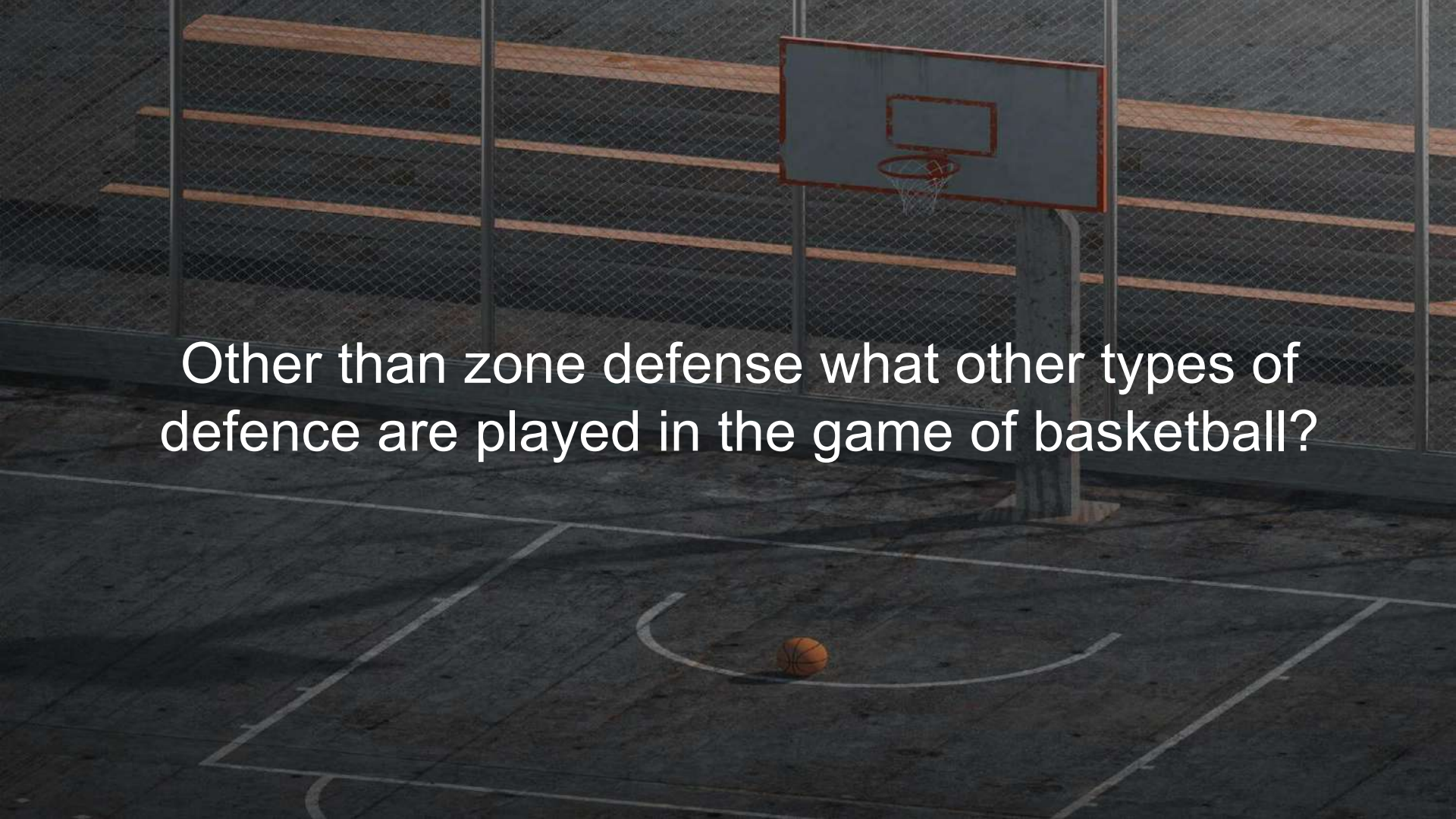


Basketball Rebound

Intro to Zone Defense





An outdoor basketball court with a grey concrete floor and white painted lines. A basketball hoop with a grey backboard and orange rim is mounted on a grey pole. A basketball is on the court near the free-throw line. In the background, there is a chain-link fence and wooden bleachers.

Other than zone defense what other types of defence are played in the game of basketball?

Intro to Person to Person Defence



When playing person to person defense the best place to position your body is between



- A. Your player and the half court line
- B. Back to your player
- C. Your player and the hoop

Stretching

Hold each stretch for 10 sec.



20 Minute Workout

Option 1 (with Basketball):

Go outside and practice shooting from anywhere on the court. Your goal is to make 25 shots by the end of our breakout session.

Option 2 (agility ladder, sidewalk chalk, or good imagination required):

- see slide deck on class website

Option 3 (streaming video):

_____ Follow along with today's streaming video

We will meet back at _____



Next week...

**We will begin work on our instructional flipgrid videos
Start brainstorming which aspect of basketball you would like
to teach to someone else.**

- **Shooting**
- **dribbling**
- **defence**
- **pivoting**
- **triple threat**
- **passing**
- **Jump Ball/Tip off**

Welcome Back to P.E.

WISH Movement
Week 7 Day 1- Basketball



BALL IS LIFE

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1. a basketball or something you can practice with

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Warm Up- The Stork



Basketball Instructional Flipgrid Video

1. Go to Canvas- Assignments- Basketball instructional Flipgrid Video
2. Use this time to research and complete your assignment.
3. I will stay muted not to interfere with any recordings.
4. If you have questions chat me.
5. We will come together as a whole group at



15:00

Basketball Instructional Flipgrid Video Assignment

During our basketball unit you learned the following skills and aspects of basketball:

- Dribbling
- Shooting
- Pivoting and triple threat position
- Defense (Zone and Person to Person)
- Violations (traveling, double dribble, foul, out of bounds, carry, and back court)
- Jump Ball/ Tip Off

Now is your time to teach others what you have learned. Your assignment is to:

1. Choose one of the skills listed above
2. Create a skill development tutorial using flipgrid for a beginning level player. Your video should include:
 - Skill Name (1 point)
 - The purpose and use of the skill (1 point)
 - Proper technique when performing the skill, tips for being successful when using the skill (2 points)
 - A demonstration of the skill using an imaginary basketball or real equipment (2 points)





Basketball Instructional
Flipgrid Video
is due
Friday Oct. 2nd

Stretching

Hold each stretch for 10 sec.



20 Minute Workout

Option 1 (with Basketball):

Go outside and practice shooting from anywhere on the court. Your goal is to make 25 shots by the end of our breakout session.

Go outside and practice any of the dribbling drills that we have learned during class.

Option 2 (streaming video):

_____ Follow along with today's streaming video

We will meet back at _____



Welcome Back to P.E.

WISH Movement
Week 7 Day 2- Basketball



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Warm Up- Get Down, Get Up



Basketball Rules Review


Today we will be reviewing the rules of basketball in Kahoot.

1. Open a new tab and go to Kahoot.it
2. Enter the game pin on my screen
3. Type your first name last initial (Stacy N.) as your username
4. Wait patiently for all to join



[Kahoot Game Link](#)

Reminders:



1. Basketball Instructional
Flipgrid Video is due Friday
Oct. 2nd

1. Basketball Rules Assessment
is open on Canvas. It must be
completed by Friday Oct. 9th

Stretching

Hold each stretch for 10 sec.



20 Minute Workout

Option 1 (with Basketball):

Go outside and practice shooting from anywhere on the court. Your goal is to make 25 shots by the end of our breakout session.

Go outside and practice any of the dribbling drills that we have learned during class.

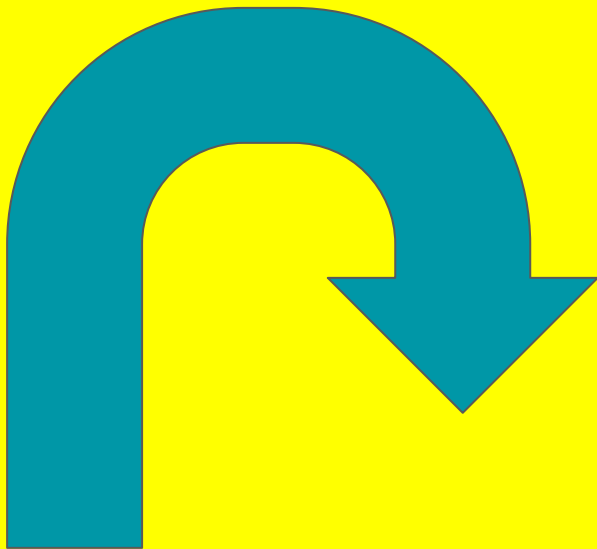
Option 2 (streaming video):

_____ Follow along with today's streaming video

We will meet back at _____



Blank Slide templates



Next week...

Poll Question



Poll Question



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