**Lessons Plans**

**Lesson Name or Number: Basketball Unit-Lesson # 1 -Shooting**

**Name: , Subject: PHE , Grade: 9 , Date: February**

**Rationale:** Gr. 9

26 students

**Core Competencies: Content:**

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| **Physical Literacy:** * Develop, refine, and apply fundamental movement skills in a variety of physical activities and environment
* Apply methods of monitoring and adjusting exertion levels in physical activity.
* Develop and demonstrate safety, fair play, and leadership in physical activities.
 | * Proper technique for fundamental movement skills including locomotor and manipulative skills.
* **Activity Self-check self-assessment**

**About the skills of shooting, (ex: B.E.E.F)** * **K.W.L- Introduction-to the lesson knowledge (student-oriented)**
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| **Healthy and active living:** * Participate daily physical activity designed to enhance and maintain health components of fitness.
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**Instructional Objective(s):**

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| **Psychomotor:*** Students will develop, refine and apply fundamental movement skills in a variety of physical activities and environments
* Students will demonstrate and learn different skills to shooting through various team games.
 | **Cognitive:*** Students will participate and demonstrate knowledge of skill acquisition of shooting a basketball.
* Students will demonstrate understanding of the importance of the proper technique of shooting through different team games.
 | **Affective:** * Students will demonstrate good sportsmanship by working together within a group or with their partners.

**Safety:** * Students will learn to stop and freeze when the instructor would say “get in your ready position
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**Preparation: Location: Main Gym or Half of the gym (80-mins lesson)**

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| Teacher | Students |
| **Attendance:** Instructor will take attendance as soon as the bell rings. **Write on the board:** 1. **Goals & Objectives**
2. **Overview of Unit (K.W.L-worksheet)**
3. **Explain the importance of warm-up**

**Equipment:** 1. **Have everything ready prior to the lesson.**
 | **Attendance:** Student will line up, (Alpha-order), and instructor will take attendance, as soon the bell rings.* Students will listen through the goals and objectives.
* Students will get to ready to write in small groups, (K.W.L).
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**Lesson Activities:**

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| Teacher Activities | Student Activities | Time |
| **Introduction (anticipatory set)****Hook question:** “What types of skills do you need to learn about the sport of basketball or to increase your growth and development”?**Introduce students to K.W.L-worksheet*** Instructor will assign groups in where students will think and reflect about the hook question.
* Instructor will hand out a (K.W.L) chart per student.
* Instructor will also handout a student portfolio in where students will submit their (K.W.L) after their finish.

**Assessment: Student portfolio** * **Instructor will briefly-explain the importance of the student portfolio and how this will record the students’ growth and development, throughout the unit.**

**Activity # 1: Student stretch** **Instructor leads stretch:** * Hamstring stretches
* Back Stretches
* Calf Stretches
* Groin Stretches
* Shoulder Stretches
* Arms Stretches
* Instructor will explain throughout the stretches: “how in the beginning of every class two students will lead the stretch”.
* The students will be selected according to the order in the attendance sheet.

**Activity # 2 Warm-up:****Fitness Relay** * Instructor will explain the importance of physical literacy to the fitness relay warm-up activity. Also, how this relates to the proper fundamentals movements of the sport of basketball

**Body position:** * Instructor will organize all the students in their groups and will explain the steps of the relay. Students will be facing the instructor.

**Organization/ structure** Relay race: Organize two end-zones* Instructor will demo the objective of the relay race with one of the groups.
* Instructor will write and explain the exercises on the relay
* Each cone in the gym will indicate where the students will stop.

Order of the race* 1st race: Planks
* 2nd Race: Push-ups
* 3rd Squats 4th Lower leg raise 5th burpee, 6th V-sit up, 7th Jumping jacks, 8th Abs

1st set : Students will do once race at time, after they completed all 8 of the races, we will debrief as a class2nd set: Students will do all 8 races without stopping.**Instructions** 1. Students will line up and will perform their relay races, the first student will run to the 1st cone and will be on a plank position
2. The second student will pass the first student and will stop on the second cone and will go on a plank position.
3. The 3,4,& 5 will do exactly as the first two students.
4. The last student will pass over all the students touch the end-zone; and come back by passing over the students again and will go plank position.

**Ex:****xxxxxx x x x x x** **xxxxxx****xxxxxxx****xxxxxxx****Debrief: Instructor will discuss the different strategies, that everyone did as a group.** **Transitioning into the body of the lesson: Instruct students to keep their pennies on.** **Body:****Activity # 3 Shooting Games** * There is a total of 6-nets in the gym. Instructor will organize 2 games in where the students will play kings court.
* Game 1: “Bump” - 3 nets
* Game 2: “Buckets” -3 nets
1. **Game “Bump”**

**Set Induction** **Objective:** *Is to “bump” the other players out of the game by making a shot before the following person in back shoots.***Rules of elimination** * They will be 3 stations, when a student is eliminated then they will move to the last station and eventually reaching the 1st station to win the game.
1. **The first 10-mins students will play only 1-round of a game of bump.**

***Or***1. **Game of “Buckets”**

**Set Induction** **Objective: *Students will start will 10-points, to win game and stay in the line, student must keep their points in the positive*** **Formative Assessment** * **After the 1st round of the game, Instructor will teach the fundamental skills of shooting through the acronym (B.E.E.F)**
1. **The next round of games students, will get a peer assessment worksheet that emphasize the proper technique of shooting.**
2. **Students will play only 5 minutes while their peer is assessing. Then they will rotate with the same partner and vice versa.**

**Closure/ Culminating game:** **Activity 4: “Train Game”** **Set Induction:****Objective:** *The goal of the game is get to 13- shots in the bucket, as fast you can before everyone else.*  | **Introduction:** * Students will get into small groups of 6 and discuss the hook questions.
* Students will write what they know, and wonder about the sport basketball.
* After students have finish their K.W.L chart, students will write their names in a student portfolio and will submit their worksheet on the folder.
* Students will listen and will hear the “why” to the different stretches.
* Students will hold each stretch for 20-seconds
* 2 students based on the class attendance will lead 5 stretches to the class.

 **Activity # 2 Warm-up** **Fitness Relay** **Steps Ex: Of one race** * Students will line up with their group.
* The first student will run to the first cone and will go on a plank position.
* Once the first partner has gone in front of them, the second student will run and pass over their 1st partner and will go on a plank position.
* Once everyone has gone, the last student will pass over all of the students and will touch the end-zone and will come back to the original end zone and will be in a plank position.
* Once the last student is in a plank position then the last student before will go and will sit and wait for their classmates.

Finish: Once everyone has return back to the original sport, everyone will clap 3-times indicating that they are finish. **Modifications:** * **Students may have the options of choosing how long they want to do planks, or during push-ups, they can do knee-push-ups.**
* **Students, may choose to have a water break**

**Activity # 3 Shooting Games** * Students will stay with their original groups from the relay game.
* The first 2 groups will start by playing the 1st game of bump.
* The last 2 groups will start by playing the 2nd game of buckets.
* Students will start on the 2nd and 3rd net. The goal is to reach to the 1st net and stay there.
* As the students gets eliminated they will move down a basketball net.

**1st game “Bump” –Rules/ modifications** * Students will be forming a line at the free throw line.
* The first student in the line will start by shooting the ball, if miss then they must follow their rebound and try to make a basket from anywhere in the court before the second student shoots the ball and score.
* If the 1st student scores then they are saved and they moved to the back of the line.
* If the 2nd student scores before the 1st then the student is eliminated and they move to the last station and play until they can move up.
* The same rules apply for the remainder of the students in the line.
* **Game of “Buckets” Rules**
* **If the student scores a basket then they moved to the back of the line.**
* **If the student misses the basket, they will go to the back of the line.**
* **The student that misses the basket will count the number of baskets that their classmates have made after them, this will equal the number of points the student has loss.**

**However:** * **If someone misses the basket the streak is broken and then the person behinds it picks up the responsibility of scoring.**

**Formative Assessment** * Students will partner with someone in their line and will take turns filling out their peer assessment.

The peer assessment will focus on the acronym of “B.E.E.F”, and students will able to watch their partner and give them descriptive feedback based on the checklist of the worksheet. **Activity 4: “Train Game”** **Instructions:** * Students will get into their original groups from the relay race and will line in front a basketball net.
* Every team will start at 3-points, the first team to reach their objective of 4 buckets then they will rotate clockwise around the gym and will try to shoot 5 buckets before the other teams reaches their first objective.
* Everyone rotates, once a team has reach their objective. Only the team that has made it to their objective may continue to the next number. Everyone else, has to start from the beginning.

\*If time permits-students will play 2 or 3 rounds of the train game.  | **5-mins****5-mins****10-mins** **10-mins** **5-mins** **5-mins** **Total:****20-mins****20-mins** |

PEER CHECK - SHOOTING (B.E.E.F.)

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| Check List Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  | Completed on a line (√)  | Completed at a hoop (√)  |
| Balance: •hips facing target •feet shoulder width apart •shooting foot slightly in front of non-shooting foot •balance on balls on feet •knees bent •buttock out and back straight  |  |  |
| Elbow: •elbow lined up above toe & knee •elbow at a 90°angle  |  |  |
| Eyes:•look at target (hoop)  |  |  |
| Follow-through: •extend elbow and legs simultaneously •snap wrist •put hand in the “cookie jar”  |  |  |

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