

LEVEL	UNIT	LESSON Number 1	EQUIPMENT
First Grade	Basketball	Review Dribbling	Playground balls, Hoops, Markers, Control Cones, Number Cards, Direction Cards, Chalk

Objectives

1. Have Fun.
2. Play safe.
3. Dribble the ball using the three directions, forward, backward and sideways.
4. Verbally describe the points to dribbling.

Activity	Time (Minutes)	Procedure	Comments/Set-up/ Diagram
Part 1 Warm Up	10	<p><u>Clean Up Your Back Yard</u> Divide the children into two even groups. One quick way to do this is to say You have 5 seconds to sit back to back with a partner in an own space, ready go. One partner stand, and the other remain seated, go. the partner that is standing, go to the red side of the field, and the partner sitting stay on the blue side (or whatever way you can distinguish the two sides from each other) Once they are in own spaces on each side of the field, explain the game.</p> <p>This space is really your back yard, and this space is your neighbor's. These balls (Yarn balls) are garbage. I'm going to dump garbage into both yards. Your job is to clean up your yard. You get to throw the garbage into your neighbors' yard! But they will be throwing the garbage into your yard too! At the end of the 5 minutes we'll stop and see that has the cleanest back yard. Remind them to watch where they throw the ball. Only throwing is allowed. At the end of the game, conveniently forget to count how many balls are left!</p>	I will have the playground balls in hoops around the outside of the area; far enough away not to interfere with the game in part one.
Part 2 Review the concept of Dribbling	10	<p><u>Review Dribbling</u> AT>After you get your ball, find an own space and throw the ball to the ground, and when it comes back up, use one hand to push it down again. Keep bouncing it up and down using one hand or the other, but not both hands at the same time.</p> <ul style="list-style-type: none"> ❖ This bouncing the ball with one hand or the other has a name in basketball; does anyone know what it is called? (Dribbling) ❖ This time as you dribble, travel around the space. <p>GUIDED DISCOVERY QUESTIONS</p> <ol style="list-style-type: none"> 1. While you are dribbling and traveling, what do your eyes look at? (Around the space, and at the ball.) <p>ALTERNATE As you are dribbling and traveling, only look at the ball, can you see where you are going? As you are dribbling and traveling, only look where you are going, can you see the ball? This time as you are dribbling and traveling, look around you sometime, and then look at the ball sometimes, does allow you to see where you are going and keep track of the ball?</p> <ol style="list-style-type: none"> 2. If you want to travel comfortably, and you want to keep control of the ball, how high should you let it bounce as you dribble and travel? (about waist high) <p>ALTERNATE Then bounce the ball really high, and then bounce the ball about waist high. Which way was easiest to control, and be able to travel.</p> <ol style="list-style-type: none"> 3. What part of the hand (i.e. finger pads, palm, finger tips, back of hand) works best to control the ball as you dribble? (The pads, and fingers) <p>ALTERNATE When you dribble the ball use only the tips of your fingers. Use only the palm (show them exaggerated use of the palm) Use the back of your hand. Use the pads and fingers. Which one controls the ball the best as you dribble?</p> <ol style="list-style-type: none"> 4. Where, in relation to your body, should the ball hit the ground as you 	You should be able to move through the first three questions fairly quickly. This was learned last year in Kindergarten. The fourth question might take a minute or two since that is new.

		<p>dribble? Remember, you don't want anyone to be able to steal the ball as you dribble. (Toward the front, off to the side)</p> <p>Alternate: This time as you dribble, bounce the ball behind you! Then try some dribbling with the ball directly in front of you. Last, try dribbling so that the ball is off to one side but out in front. Which way was easier to control and protect.</p>	
Part 3 Practice Dribbling	8	<ul style="list-style-type: none"> ➤ Obstacle dribbling: Set up obstacles all around the space. They can be cones, markers, jump ropes, bean bags, etc. The object of the game is to dribble around the entire space without touching any of the obstacles, or other people, as well as keep control of the ball! ➤ Direction Dribble: Have 12 control cones, each with one of the numbers 1-12. Use chalk to mark arrows for directions. On each of the cones have a direction written on the back of the card with ERASABLE marker! (Forward, Backward or Sideways). Have the students start at one of the cones, 3 to a cone, and dribble using the direction that the card indicates to travel to the next cone. If you have the students travel in a certain order you might avoid congestion. (You may tell the students to travel to any control cone, being sure to get to all the cones before you say freeze. This will be easier to set up for you, but might be more confusing to the students.) 	You can have the control cones set in their place for the second activity, as an obstacle in the first activity, so that you can transition easily to the second activity.
Closure	2	Review the points of dribbling.	