

LEVEL	UNIT	LESSON Number 2	EQUIPMENT
First Grade	Basketball	More Games that Use Dribbling	Playground Balls or Basketballs, Control Cones, CD player, Travel Stop music on Movement CD #1, Deck of Cards

Objectives

1. Demonstrate dribbling using the correct technique.
2. Play the games fairly.
3. Have fun.
4. Play safely

Activity	Time (Minutes)	Procedure	Comments/Set- up/ Diagram
Part 1 Warm Up Dribble Practice.	10	<p>Fancy Dribbling</p> <p>As students enter the playing area instruct them to pick up a ball of their choice to dribble with their hands. Then they are to find a good own space and face the teacher with the ball between their feet. When the music starts they are to dribble all over the playing area. Encourage them to keep their eyes up so they don't run into others.</p> <ol style="list-style-type: none"> A. When the music stops they are to stop and put the ball between their feet. After a couple times doing it this way, introduce the next way they will play the game. B. When the music stops, they must stay in an own space, but keep dribbling! When the music starts again, they can begin traveling. C. Encourage them to practice "fancy dribbling" (i.e., behind back, between legs, turning around, etc.) while in this stationary position. When the music starts again they are off and moving again. 	If a student doesn't stop dribbling when the music stops, they must stand out of the game for one rotation of travel stop.
Part 2/3	17	<p>Card Sharks Dribble</p> <p>Scatter hoops around the gym floor and place a playing card, face down, in each hoop. On the signal to begin, students will dribble to a hoop and pick up a card (while trying to keep dribbling, if possible). If the card is black, the students will Dribble the ball inside the hoop the number of times which the card shows. If the card is red, the student will Dribble the ball around the hoop the number of times the card shows. When finished, the student replaces the card face down and moves to another hoop. All face cards will be worth "ten" and an ace is worth "eleven" dribbles.</p> <p>Dribble Keep Away</p> <p>Have everyone get a partner and sit back to back. One partner should put the ball away and get a flag. The partner with the flag should begin with the ball. On the go signal, the players put the flags on and begin dribbling around the room. The players without a ball must steal a player's flag, and then the player who's flag was stolen will give them the ball. As soon as the player who stole the flag puts the flag on themselves, they can begin dribbling. The students may not steal the flag from a player who they have already stolen from or the person who just stole from them!</p>	As you observe students dribbling, remind them to use their fingerpads to dribble the ball. Try to keep it waist height. Look where you are going as well as at the ball.
Closure	3	Have the students put the ball and the flags away, and be seated in the meeting area. Review what was done today and the steps to dribbling.	