

LEVEL	UNIT	LESSON Number 6	EQUIPMENT
First Grade	Basketball	Ball Handling to the wall & passing to a partner	Play ground balls.

Objectives

1. Have fun playing the warm up game.
2. Play safely.
3. Practice passing cooperatively with a partner.
4. Verbally describe the steps to doing a chest pass and a bounce pass.

Activity	Time (Minutes)	Procedure	Comments/Set- up/ Diagram
Part 1 Warm up/Review	10	<p>After verbally reviewing the skill of throwing the ball toward the wall:</p> <ol style="list-style-type: none"> 1. Where do your eyes look when you throw the ball at the target? (At the target) 2. What do your arm(s) swing toward as you throw the ball to the target? (The target) 3. What direction can the weak leg step to help your throw toward the target? (Step toward the target) 4. As you release the ball, what should your palm(s) be facing? (The target) <p>“When I say go, begin dribbling around the room space or working space, and when you come to a target, stop and throw it/pass it to the target using the points you just reviewed. After you retrieve the ball, you can begin dribbling to another target. Continue doing this until you say freeze. See if you can get to all the targets before I say freeze. Remember to dribble the ball with your hands while you are traveling to a new target. If there is someone passing to the target you are dribbling to, be sure to let him or her finish his or her pass before you begin your pass. Look out for others as you are traveling and passing, go.”</p>	<p>Set up: Have hoops clipped to the fence about chest height (students), Have chalk targets drawn on walls, or taped onto walls about chest height.</p> <p>As they are working, move around among the students, watching, praising, and coaching them. Be sure to point out students who are doing a great job playing safely and fairly.</p> <p>If they get really good at this, you can add the element of travel and stop with music!</p>
Part 2 Passing to a partner	10	<p>When I say go,</p> <p>[AT] After you get a ball, find an own space across from a target. Throw the ball at the target. <i>Guided discovery questions. (Alternate questions are provided within the lessons of this book)</i></p> <ol style="list-style-type: none"> 1. Where do your eyes look as you throw the ball at the target? (At the target) 2. What do your arms swing toward as you throw the ball to the target? Toward the target) 3. Describe the difference between the strong side of the body and the weak side of the body. What direction can the weak leg step to help get your throw to the target? (Toward the target) 4. As you release the ball, what should your palms be facing (the target)? <p style="text-align: center;">CHEST PASS</p> <p>[AT] Use both hands together to throw the ball to the target and release the ball chest height. Guided discovery questions</p> <ol style="list-style-type: none"> 1. To get the best grip, and control of the ball, how should your hands and fingers hold the ball? (Thumbs behind, and fingers spread around the sides.) 2. As you let go of the ball, what can your wrists do to give you more power? (Twists or flick your palms outward) 	<p>Work on this for 10 minutes only. This will allow the class to work on part three for at least 7 minutes.</p>

		BOUNCE PASS	
		<p>[AT] Use both hands together to throw the ball to the target so that it bounces on the floor and then continues to the target be sure to release the ball chest height.</p> <p>1. If you want the ball to bounce up to your partner's waist/chest, where on the ground do you have to bounce the ball? (About 5 feet in front of your partner)</p>	
Part 3 Practice	8	<p>Play a game that uses Passing only; find games that encourage cooperation with passing opposed to competition.</p> <p>2v2 Keep away Find another set of partners. Put one of your playground balls away and get four markers. Make a square or rectangle boundary with your markers. The object of the game is for you and your partner to pass the ball back and forth without letting the other partners steal it. You must not touch anyone as you are playing the game, especially if they have the ball. That is called a foul and the team fouled against gets a free pass to their partner.</p>	
Culmination	2	<p>What type of passing did we work on today! Did the passes seem to work well if you were far away from your partner? (Get their ideas about what passes worked best for them. Don't worry about the exact answers; just let them brainstorm about the types of passes they used today in the game.</p>	