

LEVEL	UNIT	LESSON Number 4	EQUIPMENT
Second Grade	Basketball	GUARDING A PLAYER WITHOUT THE BALL	CD Player, Fitness station Music, (use music labeled fitness music for Kindergarten through Second Grade), Control Cones, Playground balls, Markers

Objectives

1. Demonstrate the skills of dribbling and passing using the information from the previous classes.
2. Play the games safely and fairly.
3. Have fun.
4. Demonstrate defense using all the rules that pertain to the game of basketball.

Activity	Time (Minutes)	Procedure	Comments/ Set-up/ Diagram												
Part 1	10	<p>Set up stations that review the skills of passing and dribbling. Alternate the stations with Fitness Cards.</p> <p>Set up 12 stations on the twelve Large (control cones) around the basketball court. Place a hoop next to each cone and remind the students to put extra basketballs in when they are using the fitness stations and for the basketball stations that use partners and small groups.</p> <p>Have all the students get a ball and take it around with them from station to station. <u>Use These Stations (in this order)</u></p> <table border="0"> <tr> <td>1. 2-Handed Overhead</td> <td>4. Push Ups</td> <td>7. Pass</td> <td>10. Sit Ups</td> </tr> <tr> <td>2. Jogging</td> <td>5. Dribble Keep Away</td> <td>8. Jumping Jacks</td> <td>11. Dribbling</td> </tr> <tr> <td>3. Chest Pass</td> <td>6. V-Sits</td> <td>9. Bounce Pass</td> <td>12. Ski Jumps</td> </tr> </table>	1. 2-Handed Overhead	4. Push Ups	7. Pass	10. Sit Ups	2. Jogging	5. Dribble Keep Away	8. Jumping Jacks	11. Dribbling	3. Chest Pass	6. V-Sits	9. Bounce Pass	12. Ski Jumps	
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Part 2	10	<p>Guarding a player without the ball.</p> <p>In a seated group, discuss rules regarding defending a player.</p> <ol style="list-style-type: none"> 1. You may not touch a player when you are defending them. 2. You must leave enough room for the person to move, if they bump you while you are guarding them, it is a foul for the defender. <p>“When I say go, get a partner and sit back to back.”</p> <p>[AT] (Begin the class with this task)</p> <p>Play 2v2 keep away with passing only. If a team throws it out of bounds, breaks a basketball rule or turns the ball over, the other team gets the ball and my begin trying to keep it away from the other team of 2.</p> <p>“When I say go, you will find another set of partners to play against. Be sure to put away all the extra balls, and get four markers to make your boundaries.”</p> <p><i>(After the class has had a few minutes to get into the game, begin asking the following questions Be sure that you allow enough time between questions to allow both sets of partners to have a turn guarding. After a few minutes, introduce dribbling into the game.)</i></p> <p>Introduce the guided discovery points to guarding a player without the ball.</p> <ol style="list-style-type: none"> 1. What do you look at as you are guarding a player without the ball? (The player and the ball) 2. Where do you position yourself when you are guarding the player with the ball? (As much as possible between the player you are guarding and the ball.) 3. What position should your body be in as you travel and move with the person with the ball? (The ready position, or a medium level) 													
Part 3	10	<p>Play a game of 4v4 ultimate basketball. The field is rectangular, with two end lines and two sidelines. The object is to pass and dribble the ball down the field so that you can pass it to your teammate who must position themselves over the end line. If they catch it, your team scores a point and the other team begins the game again from the center of the court. If the other team steals the ball, or anyone on either team breaks a rule, the team who stole the ball, or did not commit the infraction gets to start from the point of the steal or infraction with a pass to his or her own teammate.</p>													