

UNIT	LEVEL	LESSON Number 6	EQUIPMENT
Basketball	Second	Shooting	Hoops, Playground balls, Clips for Hoops

- OBJECTIVES:
1. The students will play the warm up game safely.
 2. The students will play the warm up game fairly.
 3. The students will demonstrate a shot, or throw to the basket, using the 4 points presented in part two of the lesson.
 4. The students will verbally discuss the points to shooting at a basket.
 5. The student will work together with the other students at their basket.

ACTIVITY	TIME	PROCEDURE	COMMENTS/TRANSITIONS/DIAGRAMS
<u>Part One</u> Review of Rules Warm up: Card Sharks Dribble	10 Min.	Card Sharks Dribble 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.	While the students are playing the game, I will clip the nets to the fence. Enough for everyone. I will also remind them to stay inside the boundaries, and be safe, watching out for each other. Once I have put up enough hoops, one for each two players, I will stop the game.
<u>Part Two</u> Shooting at the hoop	10 Min.	AFreeze. When I say go, stand in front of one of the hoops on the fence. There should only be two people at each hoop. You have 5 seconds to get to the hoop. Ready, go.@ AGreat job getting to your space so fast! I want you to throw your ball, using two hands, into the hoop on the fence. Remember you are sharing a hoop, watch out for each other, and be considerate. Ready, go@. AFreeze. What do you look at when you throw the ball into the hoop? Don=t tell me now, practice a couple throws thinking about it. Go.@ AFreeze. What were you looking at? The hoop! That=s right! Just like when you throw to a partner or a target, you look at the target, or the hoop! Now I want you to think about your arms. What direction do your arms move, as you shoot the ball to the hoop? Don=t tell me now, practice some throws. AFreeze. What were your arms doing? What were they moving toward? The hoop! That=s right, just like throwing to a target, you throw by moving your arms toward the target, the hoop. Now I want you to think about your legs, and what they can do to help your shot. Ready, Go.@ AFreeze. What did your legs do to help your shot? Step into the shot toward the basket. Push upward and toward the basket at the same time the arms are shooting the ball. That=s all there is to shooting. It=s just like throwing to a target! Now, when I say go, I want you to dribble to a different hoop on the fence, and take two shots. Watch out for other students, and go on to another hoop for two more shots. Keep going until I say freeze.	While they are throwing, I will walk around, watching that they are cooperating and being safe. I will also make sure they are using two hands. While they are throwing, walk around asking the students what they are looking at.

ACTIVITY	TIME	PROCEDURE	COMMENTS/TRANSITIONS/DIAGRAMS
<p><u>Part Three</u> Practice</p>	<p>10 Min.</p>	<p>Freeze. If you got the ball for the first game, put your ball away in a hoop on the ground. Now we are going to play the game dribble keep away, but now you can shoot the ball into one of the hoops. If you lose the ball to someone, you cannot steal it back from them. You can only make a point once in each basket. If you make a point in every basket, before the game is over, you get 10 bonus points! Remember you cannot touch the player. If you do, you cannot have the ball. That is a foul. Ready, Go!</p> <p>When you choose to take a shot, anyone can rebound or retrieve the shot, so be sure to quickly get the ball after a shot.</p>	<p>While they are working, I will be watching to see that they are working safely. I will also be asking them individually about what their arms are doing.</p> <p>As I see students doing a great shot, I will stop them and point out what they are doing. Let them show off a bit!</p> <p>This will allow me to watch individuals, and keep them all working. I can remind them of the points of shooting that we have just gone over, while they work. I can also point out students who are doing a great job; safety, fairness, skill.</p>
<p>Closing</p>	<p>2 min.</p>	<p>Freeze. Put your ball inside the hoop, and come over to the middle to sit down. You have five seconds. Great job today. Who can tell me what they look at when they shoot the ball? The hoop! What do your arms move toward as you shoot? The Hoop! What do your legs do to help your shot? Step toward the target, and push up and out toward the hoop. Excellent work today!</p>	