

# LANGFORD ISLAMIC COLLEGE 2012

## Term Two Physical Education Program Yr 7-10 BASKETBALL

Outcomes assessed: Skills for Physical Activity

Self-Management Skills

Interpersonal Skills – See level to grade conversion below program

WEEK	SKILL & TEACHING POINTS	DRILLS /ACTIVITIES	ISLAMIC VALUES INTEGRATION	OVERARCHING OUTCOMES	ASSESSMENT
1	<p><b>Warm up</b> To understand the importance of a warm up.</p> <p><b>Rules for basketball</b> Fouls, scoring and umpiring.</p> <p><b>Ball handling skills – Dribbling</b> 'a way of travelling with the ball'</p> <p>KTP's - Use fingers not palm of hand, bounce the ball waist height and keep eyes up.</p> <p><b>3 vs 3 modified games</b></p> <p><b>Conclude lesson recapping KTP's.</b></p>	<p>Dribbling through the legs in a figure 8.</p> <p>Control Dribble -Everyone has a ball. Try to maintain control of ball while everyone else is trying to knock the ball from you.</p> <p>Speed dribble Relay races. Focus on KTP's.</p> <p><b>Practice all with both LEFT &amp; RIGHT hands.</b></p>	<p>Strive for the best everyday</p> <p>Self Respect</p>	2, 5, 6, 11, 12 & 13	Observation and participation in class.
2-3	<p><b>Warm up</b> Students chosen each week to conduct the warm up to the class. 10 - 15mins of continuous activity and stretches.</p> <p><b>Recap previous lesson on the rules of basketball &amp; dribbling.</b></p> <p><b>Ball handling skills</b></p>	<p>Basic handling skills, tapping ball</p>	<p>Seek Knowledge</p> <p>Respect for others</p> <p>Time – punctuality</p>	2, 5, 6, 11, 12 & 13	Group game- peer evaluation

	<p><b>Offensive stance – Triple threat</b> Pass, shoot or dribble? KTP's – Body balanced with weight on balls of feet, eyes focused on target, finger pads spread on the ball with elbow under the ball, knees flexed</p> <p><b>Passing</b> Chest pass Push pass Overhead Bounce pass</p> <p>KTP's for chest pass – offensive stand, ball gripped strongly with pads of the fingers, hands on side of the ball</p> <p>Push pass – one hand behind the ball (fingers up) and other hand on the side of the ball (fingers forwards).</p> <p><b>Offensive plays:</b> Offensive rebound, shooting, free-throw. <b>Shooting</b> – Shooting: BEEF: Base firm, Elbow under ball, Extend arm, Follow throw or flip wrist.</p> <p><b>3 vs 3 modified games, half court.</b></p> <p><b>Conclude lesson recapping KTP's.</b></p>	<p>from hand to hand, around your waist. Pass ball in figure eight around legs. Aim is to develop hand eye co-ordination.</p> <p>In groups of three. Receive a pass resuming the offensive stance. With a person defending, try and deceive them with the TT!</p> <p>Practice the various types of passes in groups of three.</p> <p>Round the world – students shoot from various places around the keyway! First to get to other end wins!!!</p> <p>No dribbling, 3 passes before you can shoot!</p>			
4-5	<p><b>Warm up</b> Students chosen each week to conduct the warm up to the class. 10 - 15mins of continuous activity and stretches.</p> <p><b>Recap last lesson on offensive plays.</b></p> <p><b>Lay-Up</b> KTP's – Dribble with control, eyes on the basket, ball in both hands in the movement to the basket, once dribble has ceased – footwork is right, left (jump) for right handed lay-up.</p>	<p>On either side of the key way, students to practice both right and left handed lay-ups.</p>	<p>Tolerance &amp; inclusion</p> <p>Respect for others</p> <p>Time – punctuality</p>	2, 5, 6, 11, 12 &13	<p>Group game- team evaluation</p> <p>Leader assessment</p>

	<p><b>3 vs 3 modified games.</b></p> <p><b>Conclude lesson recapping KTP's.</b></p>	<p>Teams must pass at least 3 times before attempting to shoot. Shot must be a layup.</p>			
6-7	<p><b>Warm up</b> Students chosen each week to conduct the warm up to the class. 10 - 15mins of continuous activity and stretches. <b>Recap KTP's Lay-Up</b></p> <p><b>Introduce Defensive plays:</b> Defensive Rebound, steals, blocks, taking a charge and learning different defensive tactics, Man on man defence, Zone defence</p> <p><b>3 vs 3 modified games incorporating all skills learnt.</b></p>	<p>Question students on their knowledge &amp; understanding.</p> <p>In small groups practice shooting and getting the rebound. Incorporate the block into the activity. How many can your team do??</p> <p>Keepy off! Keep the ball from the defensive team who are playing man on man. Defensive team to retrieve the ball from rebounds, steals and blocks.</p>	<p>Seek Knowledge -Encouraged to learn more</p>	2, 5, 6, 11, 12 & 13	<p>Mock-competition set-up</p> <p>Results recorded and compared</p>
8	<p><b>Warm up</b> Students chosen each week to conduct the warm up to the class. 10 - 15mins of continuous activity and stretches. <b>Recap defensive strategies</b></p> <p>➤ <b>Discuss Tactical problems:</b> Scoring; Maintaining, possession of the ball, attacking the basket, creating space in attack, using space in attack.</p>	<p>Questions students' knowledge and understanding of defensive strategies. "What is the difference between zone defence and man on man defence?"</p> <p><b>Mini Tournament – Teacher to advise students on fixtures. 7 minute games 5 vs 5</b></p>	<p>Tolerance &amp; inclusion</p> <p>Respect for others</p> <p>Time – punctuality</p>		<p>Mock-competition set-up</p> <p>Results recorded and compared</p> <p>Mini tournament-Inter group competition</p>

9	<b>Warm up</b> Students chosen each week to conduct the warm up to the class. 10 - 15mins of continuous activity and stretches.	<b>Mini Tournament – Teacher to advise students on fixtures. 7 minute games 5 vs 5.</b>	Unity – The importance of unity and how it can produce positive atmosphere.	2, 5, 6, 11, 12 & 13	
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