

Physical Education

Basketball Unit



Lesson 2 - Dribbling

Learning Objective
To be able to dribble a ball with control in practice and activity.

Curriculum Links
Physical Development: movement skills in a game
Personal Development: understanding what a game is (PE/Physical Education)

Equipment
1 x Basketball
20 x Cones
20 x Markers

Success Criteria
I can keep the ball under control while dribbling on the court.
I can keep the ball under control while dribbling on the court.

Focus Questions
How can I keep the ball under control?
How can I keep the ball under control?

Self-Check
I can keep the ball under control while dribbling on the court.
I can keep the ball under control while dribbling on the court.
I can keep the ball under control while dribbling on the court.
I can keep the ball under control while dribbling on the court.

Lesson 5 - Overview

Activity 1: Dribble Challenge
The student will be able to dribble a basketball for 10 seconds without stopping.

Activity 2: Layup Game
The student will be able to perform a layup shot.

Activity 3: Money in the Bank
The student will be able to perform a jump shot.

Activity 4: Free Agent
The student will be able to perform a free throw shot.

Activity 4: Free Agent

SKILL FOCUS | **GROUP SIZE** | **COMPLEXITY** | **SCENARIO**

Objectives
1. The student will be able to perform a free throw shot.
2. The student will be able to perform a layup shot.
3. The student will be able to perform a jump shot.

FOR STUDENTS
The student will be able to perform a free throw shot.
The student will be able to perform a layup shot.
The student will be able to perform a jump shot.

- ★ 6 x 1 hour highly detailed lesson plans
- ★ 40+ games and skill activities
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- ★ Everything you to teach Basketball!

Basketball Assessment

Rubrics to Assess Skills and Gameplay

An Elementary PE Lessons and Games Pack

Basketball For Women Physical Education Activities Series

Camilla Rothe



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