

**Physical Education  
Unit 1: Basketball**

<b>Essential Understandings</b>	<ul style="list-style-type: none"> <li>▪ There are benefits to physical activity, cooperation, and teamwork.</li> </ul>
<b>Essential Questions</b>	<ul style="list-style-type: none"> <li>▪ What is a chest pass, bounce pass, one arm pass?</li> <li>▪ What is a lay-up, or jump shot?</li> <li>▪ What is an illegal dribble?</li> <li>▪ What is a catch?</li> </ul>
<b>Essential Knowledge</b>	<ul style="list-style-type: none"> <li>▪ <b>Basic Rules</b> <ul style="list-style-type: none"> <li>○ Five players on a team in a regulation game.</li> <li>○ Alternative games: 3 v 3; knock-out; “21”; Horse.</li> <li>○ Scoring points in each type of game.</li> <li>○ Major fouls/violations.</li> <li>○ Tie ball rule.</li> </ul> </li> <li>▪ <b>Scoring</b> <ul style="list-style-type: none"> <li>○ Foul shot = 1 point; field goal = 2 points; beyond the “arc” = 3 points.</li> </ul> </li> <li>▪ <b>Game Etiquette</b> <ul style="list-style-type: none"> <li>○ Call own fouls to encourage fair play.</li> <li>○ Include all teammates in game.</li> <li>○ No “hogging” the ball.</li> </ul> </li> <li>▪ <b>Safety</b> <ul style="list-style-type: none"> <li>○ Pay attention to ball movement to prevent injury.</li> <li>○ Call fouls/violations to prevent aggressive behavior.</li> </ul> </li> </ul>
<b>Vocabulary</b>	<ul style="list-style-type: none"> <li>▪ <u>Terms:</u> <ul style="list-style-type: none"> <li>○ Chest pass; bounce pass; one-arm pass; legal dribble; lay-up; jump shot</li> </ul> </li> </ul>
<b>Essential Skills</b>	<ul style="list-style-type: none"> <li>▪ Demonstrate appropriate dribbling and ball handling skills.</li> <li>▪ Demonstrate good sportsmanship and ability to work with a team.</li> <li>▪ Demonstrate chest pass, bounce pass, and one-arm pass.</li> <li>▪ Demonstrate shots: lay-up; jump shot.</li> </ul>
<b>Related Maine Learning Results</b>	<p><u>Health and Physical Education</u>  G. Movement/Motor Skills and Knowledge  G1. Stability and Force  Students change their motion and the motion of objects by applying the principles of stability and force during skill practice.</p> <ol style="list-style-type: none"> <li>a. Demonstrate the principle of opposition,</li> <li>b. Demonstrate how the point of contact changes the path of an object.</li> <li>c. Demonstrate how the point of release changes the path of an object.</li> <li>d. Demonstrate lifts and actions that decrease risk for injury.</li> </ol>

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	<p>G2. Movement and Skills Students demonstrate motor skills and manipulative skills during Drills or modified games/physical activities</p> <ol style="list-style-type: none"> <li>a. Demonstrate correct technique for motor skills and manipulative skills during drills or modified games/physical activities.</li> <li>b. Combine manipulative skills with motor skills during drills or Modified games/physical activities.</li> </ol> <p>G3. Skill-Related Fitness Components Students describe the following skill-related fitness components: balance, coordination, agility, speed, and power.</p> <p>G4. Students explain how specific, positive, and correct feedback affect skill improvement.</p> <p>I. Personal and Social Skills and Knowledge</p> <p>11. Cooperative Skills Students demonstrate cooperative and inclusive skills while participating in physical activities.</p> <ol style="list-style-type: none"> <li>a. Work together as a team.</li> <li>b. Respond appropriately to peer pressure.</li> <li>c. Manage conflict.</li> <li>d. Engage peers respectfully in activities.</li> </ol> <p>12. Students demonstrate responsible personal behaviors while participating in physical activities.</p> <p>13. Safety Rules and Rules of Play Students describe game/physical activity rules and safety rules and their purposes.</p> <ol style="list-style-type: none"> <li>a. Explain the purpose for modifying playing rules in specific situations.</li> <li>b. Explain the safety rules and possible risks associated with specific games/physical activities.</li> </ol>
<p><b>Sample Lessons And Activities</b></p>	<ul style="list-style-type: none"> <li>▪ NBA line drills requiring students to dribble the ball while weaving in and out of cones; dribble to basket and shoot using either a lay-up or jump shot; dribble down court and back and then alternate a chest pass/bounce pass to each member of line.</li> <li>▪ Hoops for Heart competitions: Hot Shot Blitz; Quick Shot; Foul Shooting</li> </ul>
<p><b>Sample Classroom Assessment Methods</b></p>	<ul style="list-style-type: none"> <li>▪ Classroom/field observation</li> <li>▪ Skills checklist</li> </ul>
<p><b>Sample Resources</b></p>	<ul style="list-style-type: none"> <li>▪ <u>Publications:</u> <ul style="list-style-type: none"> <li>○ <u>Complete Physical Education Plans For Grades 7-12 – Kleinman</u></li> <li>○ <u>Physical Education for Children – Lee, Thomas, Thomas</u></li> </ul> </li> </ul>

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	○ <u>Student-Centered Physical Education</u> – Smith, Cestaro
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