

**Physical Education
Unit 1: Basketball**

Essential Understandings	<ul style="list-style-type: none"> ▪ Students will learn the benefits of physical activity, cooperation, and team work.
Essential Questions	<ul style="list-style-type: none"> ▪ What is a foul shot? ▪ What is the difference between a foul and a violation? ▪ What is palming? ▪ What is traveling? ▪ What is an offensive rebound? ▪ What is a defensive rebound?
Essential Knowledge	<ul style="list-style-type: none"> ▪ Basic Rules <ul style="list-style-type: none"> ○ Five players on a team in a regulation game. ○ Alternative games: 3 v 3; knock-out; “21”; Horse. ○ Scoring points in each type of game. ○ Major fouls/violations. ○ Tie ball rule. ▪ Scoring <ul style="list-style-type: none"> ○ Foul shot = 1 point; field goal = 2 points; beyond the “arc” = 3 points. ▪ Game Etiquette <ul style="list-style-type: none"> ○ Call own fouls to encourage fair play. ○ Include all teammates in game. ○ No “hogging” the ball. ▪ Safety <ul style="list-style-type: none"> ○ Pay attention to ball movement to prevent injury. ○ Call fouls/violations to prevent aggressive behavior.
Vocabulary	<ul style="list-style-type: none"> ▪ <u>Terms:</u> <ul style="list-style-type: none"> ○ Foul, violation, foul shot, palming, traveling, offensive rebound, defensive rebound.
Essential Skills	<ul style="list-style-type: none"> ▪ Demonstrate appropriate dribbling and ball handling skills. ▪ Demonstrate good sportsmanship and ability to work with a team. ▪ Demonstrate a foul shot. ▪ Demonstrate an offensive rebound and a defensive rebound.
Related Maine Learning Results	<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"> a. Demonstrate the principle of opposition. b. Demonstrate how the point of contact changes the path of an object.

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	<p>c. Demonstrate how the point of release changes the path of an object.</p> <p>d. Demonstrate lifts and actions that decrease risk for injury.</p> <p>G2. Movement and Skills Students demonstrate motor skills and manipulative skills during drills or modified games/physical activities.</p> <p>a. Demonstrate correct technique for motor skills and manipulative skills during drills or modified games/physical activities.</p> <p>b. Combine manipulative skills with motor skills during drills or modified games/physical activities.</p> <p>G3. Skill-Related Fitness Components Students describe the following skill-related fitness components: balance, coordination, agility, speed, and power.</p> <p>G4. Skill Improvement Students explain how specific, positive, and correct feedback affect skill improvement.</p> <p>I. Personal and Social Skills and Knowledge</p> <p>I1. Cooperative Skills Students demonstrate cooperative and inclusive skills while participating in physical activities.</p> <p>a. Work together as a team.</p> <p>b. Respond appropriately to peer pressure.</p> <p>c. Manage conflict.</p> <p>d. Engage peers respectfully in activities.</p> <p>I2. Students demonstrate responsible personal behaviors while participating in physical activities.</p> <p>I3. Safety Rules and Rules of Play Students describe game/physical activity rules and safety Rules and their purpose.</p> <p>a. Explain the purpose for modifying playing rules in specified situations.</p> <p>b. Explain the safety rules and possible risks associated with specific games/physical activities.</p>
<p>Sample Lessons And Activities</p>	<ul style="list-style-type: none"> ▪ Demonstrate ball handling skills (dribbling, passing, and catching). ▪ Demonstrate rebounding and shooting skills during group drills. ▪ Hoops for Heart competitions: Hot Shot Blitz; Quick Shot; Foul Shooting
<p>Sample Classroom Assessment Methods</p>	<ul style="list-style-type: none"> ▪ Classroom/field observation ▪ Skills checklist
<p>Sample</p>	<ul style="list-style-type: none"> ▪ <u>Publications:</u> <ul style="list-style-type: none"> ○ <u>Complete Physical Education Plans For Grades 7-12 –</u>

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Resources	Kleinman ○ <u>Physical Education for Children</u> – Lee, Thomas, Thomas ○ <u>Student-Centered Physical Education</u> – Smith, Cestaro
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