**Basketball Season Block Plan**

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| **Day** | **Class Activity** |
| **1** | Introduce Sport Education. Captains announced, teams assigned, team roles chosen and contracts signed. Make team poster with team mascot. Plan warm-ups.  |
| **2** | Review basketball rules. Introduce triple threat position. Passes used in basketball. Check off sheet for cues. Drills using passes. Modified game “Bull in the Ring” |
| **3** | Introduce two types of dribbles control and speed. Drills and team challenge using dribbles and check off sheet for cues. Modified game- minimum 3 passes and maximum 3 dribbles.  |
| **4** | Warm-ups. Introduce shooting: lay ups, set shot and jump shot. Shooting drills and Team Challenge with shooting.  |
| **5** | Teacher introduces defensive fundamentals. (Blocking out, rebounding and denial defense) Three on three games within teams to work on skills. |
| **6** | Teacher reviews defensive skills and teams work on defensive strategies with their teams.  |
| **7** | Teacher introduces offensive strategies with varying degrees of difficulty depending on age and ability of call. Teams work on offenses.  |
| **8** | Teacher demonstrates the positions of officials. Stats sheets used for games and responsibilities of the duty team.  |
| **9** | Warm-ups and Pre-season round robin competition. Duty teams will perform duties of officiating and stats.  |
| **10** | Warm-ups and Pre-season round robin competition. Duty teams will perform duties of officiating and stats.  |
| **11** | Warm-ups and Pre-season round robin competition. Duty teams will perform duties of officiating and stats. |
| **12** | Coach led team practice and team cheer competition for points. Prepare offensive and defensive strategies and make adjustments for tournament. |
| **13** | Coach led practice and Regular Season Tournament Begins.  |
| **14** | Coach led practice and Complete regular season championships.  |
| **15** | Awards Ceremony and celebration. |

**Sport Education Season for Basketball**

**Grade Level:** Middle and High school

**Seasonal Format**: Fifteen Class sessions, meeting five times a week for fifty-six minutes each day

**Team Format**: Teacher asks for volunteers and/or chooses captains, captains make 6 teams and assigned to captain by random lottery

**Equipment**: Six basketballs, 6 colors of jerseys, 4 referee jerseys or different color, 4 handheld whistles

**Competition Formats**:

Preseason: Round robin tournament. 4 vs. 4 Six minute Substitute at 3 minutes.

Regular Season: Teams placed in two brackets according to ranking. Each bracket will play a round robin tournament.

**Student roles**: Captain, Coach, Manager, Exercise Specialist, Sports Council, Statistician, Motivator, Referee

**Performance Records**: Skill Check-off sheets, individual and team statistics

**Special Features:** Individual and team awards

**Format from:** Siedentop, D. (1994) *Sport education: Quality PE through positive sport experiences.* Champaign, IL: Human Kinetics

**Basketball Sport Education Outcomes**

Students should know: history and cultural importance of the game, skills, terminology, and rules to enable appropriate play, officiating, and stat keeping.

Students should be able to play a competitive, strategic game with team-play emphasis and exhibit sufficient fitness level to play basketball.

Students should exhibit:

* Positive character traits (e.g., caring, fairness, responsibility, respect, and trustworthiness)
* Fair play and enhanced socialization skills through teamwork.
* Enhanced self-esteem via the various roles
* Have a lasting understanding and appreciation of the game of basketball enhanced problem-solving and conflict resolution skills
* Development in a variety of specific and gross motor skills that are relative to the game of basketball.

**Basketball Sample Lesson Plans**

***Basketball-Lesson 1***

***Lesson Objectives/Assessment***

* Students will understand the concept of Sport Education.
* Students will work cooperatively in their team to choose team roles, team names and mascot.
* Students will understand the ways points can be awarded to teams.

***Learning Activities***

* Sport Education concepts are reviewed which were covered in the class prior to beginning the season. (Teams, roles, fair play, points, awards and competitions are discussed)
* Teacher introduces captains to the class. Teams are announced after random lottery prior to Lesson 1.
* Captains are asked to lead a discussion to decide team roles. Role sheet and contracts are signed and placed in their team folder.
* Teams are asked to choose a team name, mascot and color.
* Posters are made with the team name, mascot, color(s), name of each player, something about each player and their team roles.
* Captains review rules and history with the team while making posters.
* Exercise specialist plans a warm up activity using a variety of stretching and should include some plyometric exercises.
* Coach plans a team warm-up for 5 minutes with a basketball.
* Motivator plans a team cheer and ways to show support for their team.
* Manager gets the jerseys and a basketball for each team.
* At the whistle Team warm ups are performed led by the exercise specialist.
* At next whistle team practice with a basketball are led by the coach.

***Closure & Reflection***

* Students discuss the advantages of creating a team identity within the sports education model.
* Students are asked to discuss some of the basketball rules learned for this unit.

***Basketball-Lesson 2***

***Lesson Objectives Assessment***

* Students will work cooperatively with their team to earn fair play points.
* Students will be able to demonstrate the triple threat position and passes used in playing basketball and explain when to use each.
* Students will demonstrate their ability to perform skills using the peer assessment check off sheet.

***Learning Activities***

* Teams enter gymnasium and go to their practice area.
* Captains will check the Notice board for daily instructions (example below).

**Notice Board**

1. Captains get folder.

2. Managers get jerseys and one basketball.

3. Captains review the rules of basketball with their team.

4. Posters are completed and put on the wall.

* Exercise specialist lead the team in warm ups.
* Coaches lead teams in warm ups with a basketball.
* Teacher walks around distributing points and keeps track of points awarded for being efficient use of time, effectiveness of created warm up and proper execution of specific exercises. Points are also awarded for cooperation between team members, opposing teams and instructor.
* Teacher demonstrates the triple threat position, pivot, fakes and passes.
* Coaches use coach’s plan for passing drills, check-off sheet to assess passes and modified game of “Bull in the Ring”.
	+ Bull in the Ring: Students are instructed to create circles with their team. One specific team member is placed in the center of the circle.
	+ The team members that comprise the circle pass the ball to each other without the middle “bull” deflecting or intercepting the pass.
	+ Please be advised that students should rotate being the “bull” and each length of term should not exceed 15 seconds.

***Closure and Reflection***

* Students describe the triple threat position and its purpose.
* When would you want to use a baseball pass?
* What are some positive things you can do to give fair play points?

***Basketball-Lesson 3***

***Learning Objectives/Assessment***

* Students will work cooperatively with teams to improve their basketball skills.
* Students will be able to demonstrate control and speed dribbles.
* Students will be able to identify the purpose of the opposing dribbling arm in the control dribble.

***Learning Activities***

* Read the Notice Board upon arriving to the gym to get assignments for the day.
* Exercise specialist leads warm ups.
* Coach leads practice with a basketball (Practice passes and shooting).
* Teacher demonstrates control and speed dribble.
* Implements drills using control and speed dribble.
* Coach’s use check-off sheet to assess skills of the dribble of team members.
* Modified game- Play 10 minutes within teams. Maximum 3 dribbles and mandatory 3 passes. Team scores a point if three passes are completed.
* Team challenge: Create a game that includes dribbling competition between teams.

***Closure and Reflection***

* Who can demonstrate the two types of dribbles?
* Who can explain when you would use each of the two dribbles?
* What were things you could have done positive today to gain fair play points?

***Basketball-Lesson 4***

***Lesson Objectives/Assessment***

* Students will be able to explain the proper cues of the lay-up, set shot and jump shot.
* Students will be able to demonstrate a lay-up, set shot and jump shot.
* Students will be able to work cooperatively to be successful in the team challenges.

***Learning Activities***

* Students read the Notice Board and perform tasks.
* Exercise specialist leads warm-ups and coach leads practice session.
* Teacher demonstrates shooting lay-up, set shot and jump shots.
* Coach leads team drills for shooting practice.
* **Team challenge**: **Team 21**- First team to score 21 points. Two points for first shot at corner of free throw line. Get the rebound. Second shot is worth one point from close to the goal. Each player shoots once from each and go to the back of the line. Total points of the entire team until they reach 21. (Award 1st through 6th place points.)
* **Three Angle Shooting*-*** Each team makes a line close on the right side of the goal. Make 7 total shots from the right, middle and left. 7 from each. One shot from each player, each player gets their own rebound and goes to the back of the line. (Award points 1st through 6th place)

***Closure and Reflection***

* What were the cues for shooting a set shot?
* Why is it important to put backspin and to follow through on your shot?
* What was needed to be successful as a team in the team challenges?

***Basketball-Lesson 5***

***Lesson Objectives/Assessments***

* Students will be able to demonstrate how to block an opponent out during rebounding.
* Students will be able to analyze the important body positions on defense.
* Students will be able to implement defensive techniques during 3 on 3 modified games.

***Learning Activities***

* Teacher will correctly demonstrate proper technique of blocking out, using verbal cues that are associated with stance, hand and body positioning.
* Teacher will go over “Denial Defense” which includes attributes such as, wide stance, hand positioning and eye focusing.
* Students will practice using the correct defensive techniques within their teams. Coaches use skill check off sheet to monitor progress of defensive techniques.
* Students will utilize defensive techniques by playing three on three basketball. All students must participate in the small sided games.

***Closure and Reflection***

* What are the benefits of using the denial defense technique during game play?
* Explain the different characteristics of a strong defensive position during a game?
* Does basketball have a long-term effect on health? If so why?

***Basketball-Lesson 6***

***Lesson Objectives/Assessments***

* Students will be able to recognize and perform different defensive strategies.
* Students will be able to implement defensive strategies during game play.
* Students will be able to abide by rules of fair play while playing aggressive defense.

***Learning Activities***

* Teacher will demonstrate the cooperative techniques that are necessary during zone defense.
* Coaches lead a team session on zone defense and how they will implement the technique during game play.
* During team sessions, the teacher takes each team individually and discusses and displays the techniques necessary to execute proper one on one defensive strategy.
* After team is finished with zone defense practice, students will play a game of 21 with their teammates in order to develop one on one defensive strategy.
* After students complete game of 21, they will scrimmage an opposing team with the parameter of only using zone defense set.

***Closure and Reflection***

* When would teams use a zone defense during game play?
* When would teams use a one on one defense during game play?
* What are the positive and negative attributes to both defenses?

***Basketball-Lesson 7***

***\*Please be advised that teachers can modify these activities to the level of student skill. If students are more advanced, feel free to substitute the basic offensive strategies with pick and rolls or more advanced techniques.\****

***Lesson Objectives/Assessments***

* Students will be able to work cooperatively with teammates to score points in the game of basketball.
* Students will be able to understand and demonstrate different offensive strategies.
* Students will be able to incorporate all of their team members in offensive effort.
* Students will be able to recognize and prohibit the use of one player monopolizing possession of the ball.

***Learning Activities***

* Instructor demonstrates how to utilize basic offensive tactics that involve multiple persons in game play.
* Students split up into their teams and coach creates and implements drills that involve all team members with the opportunity to pass, dribble, and shoot.
* Instructor assesses student performance by informal observations and gives corrective feedback.
* Teams play against each other in modified game of basketball, where all players must touch the ball once before a shot is taken.
* Teams will then display one offensive play for everyone to watch. After all teams have demonstrated their creative tactic, the sports council will decide which play is the best by using the following criteria: creativity, effectiveness, cooperativeness, and overall execution.

***Closure and Reflection***

* What are the benefits of using everyone on your team before scoring?
* How can offensive tactics be used to throw off a defensive game plan?
* Teacher will award points for rankings in the offensive plat competition and discuss the characteristics of the better plays in the competition.

***Basketball-Lesson 8***

***Lesson Objectives/Assessments***

* Student will be able to demonstrate knowledge of officiating basketball.
* Students will be able to demonstrate knowledge of keeping stats necessary for the round robin competitions. (Score, rebounds and fair play points)
* Students will work cooperatively to decide who is responsible for the referee positions and scoring

***Learning Activities***

* Captains check the notice board and review the official’s sheet in the folder. Review rules of basketball for a team quiz for points.
* Teacher demonstrates and discusses rules, calls and positions which will be used for team competitions by the duty team.
* All responsibilities for the duty team are discussed stats of rebounds, score and fair play points.

***Closure and Reflection***

* Where are the officials responsible for covering on the court?
* What is the responsibility of the statisticians?
* When is a foul called on a player?
* What are the hand signals we covered today for a travel, double dribble and a foul?

***Basketball-Lesson 9-11***

***Lesson Objectives/Assessments***

* Students will understand the basic offensive and defensive strategies to successfully compete in a basketball competition.
* Students will engage in play utilizing both offensive and defensive strategies successfully.
* Students are active participants during the round robin pre-season play through participation/duty team.

***Learning Activities***

* Captain checks the notice board for games and duty assignments. (Teacher sets up a round robin tournament with the duty teams and courts assigned. Place on the notice board.)
* Exercise specialist leads in warm ups.
* Coach leads the team in team practice.
* Pre-season games are played to determine tournament standings.
* Statisticians record all game results and fair play points on poster.

***Closure and Reflection***

* What do you feel your team needs to work on to be a more efficient duty team?
* What was the most challenging about the duty team?
* What was the most rewarding experience you had while being the duty team?

***Basketball-Lesson 12***

***Lesson Objectives/Assessments***

* Students will practice as a team to get prepared for regular season tournament.
* Students will complete any round robin games left from Day 11
* Students will work cooperatively to perform their team cheer for the class.

***Learning Activities***

* Students warm up as a team and practice for the regular season tournament.
* Coaches make necessary adjustments to their team.
* Motivator prepares team for the spirit competition with their cheer. Teams vote on the best and rank 1-6.
* Finish any round robin games from day 11.

***Closure and Reflection***

* What offensive or defensive strategies do you feel your team needs to work on before the tournament?
* What is the importance of the duty team in the tournament competitions?

***Basketball-Lesson 13***

***Lesson Objectives***

* Students will participate in team competitions for the regular season.
* Students will follow guidance from their coach for the best possible substituting plan.
* Students will work cooperatively to earn fair play points.

***Learning Activities***

* Team practice led by coach. Prepare line-ups with your subs.
* Regular Season Championships: Placed in pools based on the overall wins in the round robin tournament. (Numbers represent places not team numbers.) Information is placed on the notice board.
* Game 1: Court A 1-3 Duty team: 2

 Court B 4-6 Duty team: 5

* Game 2: Court A 3-2 Duty team: 1

Court B 5-6 Duty team: 4

***Closure and Reflection***

* What was needed in order to be successful today in the competitions?
* What defense do you feel was most effective?

***Basketball Lesson -14***

***Lesson Objectives***

* Students work cooperatively in teams to participate in competition/duty teams for the basketball championships.
* Students will participate with full effort in team regular season games.
* Students will be fair and responsible when making officiating decisions during tournament games.

***Learning Activities***

* Team warm up and practice for Regular Season Tournament games.
* Duty teams get ready for the tournament.
* Game 3: Court A 1-2 Duty: 3

Court B 4-5 Duty: 6

* Team Challenge: Final team challenge teacher’s choice.

***Closure and Reflection***

* What offensive strategy seemed to be the most successful in tournament play?
* What role do you think substituting played in the tournament competitions today? Were they strategic based on the competition?

***Basketball-Lesson 15***

***Lesson Objectives/Assessments***

* Students support one another and demonstrate appropriate behavior during awards ceremony.

***Learning Activities***

* Award presentations. Individual and team. (Certificates or prizes collected)
* Pictures taken of each team with their team poster.

***Closure and Reflection***

* What did you like best about Sport Education?
* What skills did you enjoy learning the most?
* What do you think the team with the most total points did in order to be successful?
* What would you like to change about the Sport Education Basketball season?