

S:1 H: 1 GLO: 9-12 Spark Basketball: This Is How We Roll

OKLAHOMA ACADEMIC STANDARDS: Physical Education

Source: http://www.sparkpe.org/wp-content/uploads/this-is-how-we-roll_hs.pdf

<p align="center"><u>Objectives/ Student Targets</u></p>	<p><u>Equipment & Technology Needed:</u></p>
<p><u>Cognitive:</u> The students will describe the objective of the Pick ‘n’ Roll.</p>	<p>1 pinnie per 2 students, 1 ball per 7-8 students, 1 scorecard per team</p>
<p><u>Affective:</u> The students will develop an appreciation of the teamwork aspect of using the Pick ‘n’ Roll.</p>	
<p><u>Psychomotor:</u> The students will effectively set a pick and demonstrate proper footwork on the “roll.”</p>	
<p>Academic Vocabulary: Pick, Roll, Shoot and Follow, Match-up, Shadow, Box Out, Outlet</p>	
<p><u>Introduction / Anticipatory Set:</u></p> <p>Explain to the students that there are different ways basketball play offense. One of these ways is the “pick-n-roll”. A pick-n-roll happens when one player sets a screen (pick) for a teammate who is handling the ball and then slips behind the defender (roll) to accept the pass and shoot. Stress the importance of attacking the basket and all the players following the shot. Show a video of the playoffs between the Thunder and the Warriors. Focus on the effectiveness of each team’s pick-n-rolls. (5-6 minutes)</p>	<p><u>Classroom Layout:</u></p> <p>Gym with basketball court and goals.</p>
<p><u>Instant Activity:</u></p> <p>Have students break off into groups of 3. One player demonstrates the defensive player, another player demonstrates the player with the ball, and the last player demonstrates the player performing the pick-n-roll. For a few minutes have the students practice the pick-n-roll, switching roles each time. (5 minutes)</p>	

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<p><u>Fitness Development:</u></p> <p>Muscular Endurance and Cardiorespiratory Endurance will be developed through extended games. Flexibility will improve through a daily dynamic warm-up and static stretching during the cool down.</p>	
<p><u>Lesson Focus:</u></p> <p>Split the students up into groups of 7. At each basket there will be 4 offensive players and 3 defensive players.</p> <p><u>4 on 3</u></p> <ul style="list-style-type: none">● Play is initiated/restarted at the baseline or sideline.● The offense can only shoot after a pick-n-roll. One point is scored for each basket made after a pick-n-roll. Fouls are one point for the opposite team. A foul constitutes as an offensive player moving during a pick, sticking out an arm or a leg while trying to block the path of a defender.● 5 one minute periods.● During the first 4 periods, each team stays on the offense for the entire period, switching each period.● During period 5, offense and defense transitions after each change of possession. Ball must be cleared beyond the 3-point arc on each change of possession.● After 5 periods and of time allows, switch teams so they can play a different team. Periods start and end on your whistle. <p><u>Assessment:</u></p> <p>Evaluate the effectiveness of each student's pick and roll...pick, roll, pass, attack...using the following rubric: 1 – Does not understand the basic “pick-n-roll” and cannot demonstrate. 2 – Demonstrates basic footwork of the “pick-n-roll”, but needs practice and does not attack the basket or the follow the shot.</p>	<p><u>Teaching Cues:</u></p> <ul style="list-style-type: none">-Communication-Follow your shot-Attack the basket-Pick-Roll-Pass-Shoot and follow-Stand strong <p><u>Modifications:</u></p> <ul style="list-style-type: none">-Teach path rather than roll-Practice without defense and/or ball-Add or take away defensive players to make it harder or easier-If there are extra students, they can be scorekeepers or coaches for one period and the rotate with other students

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3 – Demonstrates proper footwork for the “pick-n-roll” but could not teach fellow students.
4 – Completely understands the “pick-n-roll”, demonstrates proper footwork, attacks the basket, follows the shot, and could teach the skill to fellow students.

Closure:

Thought Questions:

1. Did you roll to the basket after each pick? Why/why not?
2. Did you only take shots when you were open? Why/why not?
3. What types of passes were most effective for the pick and roll? Why?