

**S:1 E:15 GLO:3-5 Grade**

**OKLAHOMA ACADEMIC STANDARDS: Physical Education**

Source: <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=132860#.V7Dh5I-cGM9> ;

[http://openphysed-wp-content.s3-us-west-2.amazonaws.com/wp-content/pdf/basketball-skills/I-04-03-Activities\\_06\\_PassingTriathlon.pdf?dl=0](http://openphysed-wp-content.s3-us-west-2.amazonaws.com/wp-content/pdf/basketball-skills/I-04-03-Activities_06_PassingTriathlon.pdf?dl=0)

Objectives/ Student Targets		Equipment & Technology Needed:
Cognitive: I will give all of the cues for passing and catching during group discussion.		Yarn balls, foam balls, or any equipment that you want students to throw and catch.  4 large cones 1 basketball per 2 students
Affective: I will cooperate with my partner		
Psychomotor: I will show hands in order to give my partner a passing target.		
Academic Vocabulary: Accurate, Control, Offense, Pass, Practice, Target		
<u>Introduction / Anticipatory Set:</u>  Priming students for enthusiastic participation can be as easy as watch a highlight reel of great passes on YouTube ( <a href="http://youtu.be/3M3O3ch6Rz8">http://youtu.be/3M3O3ch6Rz8</a> ). Many students have watched basketball on TV or at a live event. However, many young basketball fans minimize the importance of good passing and overemphasize the importance of spectacular scoring. By previewing elite performances with a focus on passing, students can enter practice tasks with connections to authentic (and inspiring) skill application.		<u>Classroom Layout:</u>  1. Create boundaries for a large activity area with cones. 2. Pair students, scattered throughout the area with a ball.
<u>Instant Activity:</u> <b>Throw and Catch Challenge Warm-Up</b> Have all of the students spread out and find a personal spot in the gym. Give half of the students a ball. On the music or start signal have the students jog anywhere in the gym.  When the music stops, or on a 2nd stop signal students freeze where they are. The teacher yells a number and a type of throw (e.g., 10 overhand). Students with a ball then find a student without a ball and perform 10 overhand throws. It is important that they not start throwing and catching until ALL students have found a partner and students with balls should throw to the closest student! When they are done with their ten throws and catches they will continue to walk, skip, etc. around the gym. I usually start the music again after I give the command of number of throws and type of throw.		

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After about 20 seconds stop the music again the teacher yells out another number and type of throw (e.g., 11 underhand throws). Students find a different partner to play catch with and perform 11 underhand throws. Again, have them move around the gym when they are done.

If a student cannot find a partner quickly have them stop where they are and wave their hands high in the air. They should be able to quickly find another student that also has their hands waving.

I do this for about 3-5 minutes.

Other types of throws I have the students try:

Non dominate hand

Under the leg

Backwards throw

Behind the back

Students should not start "throwing" until all students have a partner.

Students with balls should throw to the closest student.

**Fitness Development:**

Stick with the Instant activity but also have a signal for a fitness activity. Three whistle blows and then tell them which activity you want them to do (i.e jumping jacks, squats, mountain climbers...ect)

**Lesson Focus:**

**Passing Triathlon**

I. Lesson Procedures - Teaching the skill or concept activities

1. We're going to work on our passing skills with an instant activity called Passing Triathlon.

2. As soon as you come into the activity area, get a partner and 1 basketball. Complete the following events: 10 chest passes, 10 bounce passes, 20 alternating bounce/chest passes (i.e., partner 1 – bounce pass, partner 2 – bounce pass, partner 1 – chest pass, partner 2 – chest pass, etc.).

3. If you make an error and drop a pass, restart from where you left off.

**Teaching Cues:**

**Passing:** Thumbs Behind Ball, Fingers Apart on Sides, Step to Target, Push with Both Hands

**Catching:** Show Hands with Thumbs Together, Watch ball into Hands, Catch with Soft Hand

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4. When you're finished, put the ball on the floor and both partners hold plank position until the stop signal

II. Lesson Instructional Activities:

3rd: Play the activity as it is written above.

4th: Continuous play. When finished, students take a step back and start again.

5th: Students shuffle in a circle, facing each other, passing as they move

For an extra challenge: Add an overhead pass as a Triathlon event.

**Assessment:**

Visually assess student's catching skills.

**Closure:**

1: What are the skill cues for passing? For catching?

2: When do basketball players use passing skills?

2: How is passing in basketball similar to passing in other sports? How is it different?

3: How is catching related to passing?

**Modifications:**

Students complete three sets of bounce passes