

## Unit 02: Basketball

<b>Unit #:</b>	APSDO-00026619	<b>Duration:</b>	5.0 Lesson(s)	<b>Date(s)</b>	
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**Grade(s)**  
5, 6, 7, 8

**Subject(s)**  
Wellness

### Unit Focus

In this unit, students will continue to experience basketball through a deliberate focus on passing and shooting. Students will demonstrate improved performance by participating in developmental drills and small group games.

### Stage 1: Desired Results - Key Understandings

Standard(s)	Transfer	
<p><b>Connecticut Goals and Standards</b> <i>Physical Education: 8</i></p> <ul style="list-style-type: none"> <li>Apply characteristics of performance in a variety of activities for purposeful, recreational, skill and fitness outcomes <i>H.11.2</i></li> <li>Apply safe practices, rules, procedures etiquette and good sportsmanship in all physical activity settings, and take initiative to encourage others to do the same <i>H.13.1</i></li> <li>Demonstrate competence in applying basic locomotor, nonlocomotor and manipulative skills in the execution of more complex skills <i>H.9.2</i></li> <li>Demonstrate understanding of how</li> </ul>	<p><b>T1</b> (T1) Develop skills, knowledge and concepts needed to make appropriate decisions to create a healthy and balanced lifestyle.</p> <p><b>T2</b> (T4) Identify a goal, determine an appropriate plan, evaluate its effectiveness and make appropriate adjustments.</p>	
	Meaning	
	Understanding(s)	Essential Question(s)
	<p><b>U1</b> (U100) Keeping your body centered keeps you grounded.</p> <p><b>U2</b> (U101) Knowing where your body is located in space keeps you moving where you want to go.</p> <p><b>U3</b> (U102) Traveling from one point to another requires execution of a repeated technique.</p>	<p><b>Q1</b> (Q101) How do I use my body to move around the ____ (field, gym, dance floor)? How do I stay aware of where everyone else is?</p> <p><b>Q2</b> (Q102) How do I move from one point to another?</p> <p><b>Q3</b> (Q104) How do I stay in control when I stop, start and change direction?</p>

<p>rules, and safety practices and procedures need to be adjusted for different movement situations <i>H.10.3</i></p> <ul style="list-style-type: none"> <li>• Develop and demonstrate initiative in implementing strategies for including all persons, despite individual differences, in physical activity settings <i>H.13.3</i></li> <li>• Maintain and further develop the fundamental movement skills in open environments <i>H.9.1</i></li> <li>• Use physical activity as a positive opportunity for social and group interaction and development of lifelong skills and relationships <i>H.14.3</i></li> </ul>	<p><b>U4</b> (U104) Changing directions and speed requires understanding of balance and how it relates to movement.</p>	
	<p><b>Acquisition of Knowledge and Skill</b></p>	
	<p><b>Knowledge</b></p>	<p><b>Skill(s)</b></p>
		<p><b>S1</b></p> <p>Gr 5-8: Dribble with dominant and non-dominant hands using a change of speed and direction in a variety of practice tasks and in small sided game play</p> <p><b>S2</b></p> <p>Gr 5-8: Perform the following offensive skills with defensive pressure/small sided game play (i.e., pivot, give and go, fakes)</p> <p><b>S3</b></p> <p>Gr 5-8: Slide in all directions while on defense without crossing feet and drop steps of the direction of the pass</p> <p><b>S4</b></p> <p>Gr 5-8: Throw while moving a leading pass to a moving receiver and a moving partner off a dribble or pass</p> <p><b>S5</b></p> <p>Gr 5-8: Shoot on a goal with accuracy in a dynamic environment as appropriate to the activity and in small sided game play</p>