

LESSON PLAN
Department of Exercise and Sport Sciences
Manchester College

6th, 7th, 8th Grade Basketball/Tumbling - - - Lesson 6

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Academic Standards

C - Standard 2 Students demonstrate an understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities. (Describe basic strategies for offense and defense in simple lead up games)

A - Standard 5 Students exhibit responsible personal and social behavior that respects self and others in physical activity settings. (Demonstrate a positive attitude toward self and peers through physical activity)

P - Standard 1 Students demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities. (Combine and refine fundamental techniques in games and sports and work towards achieving competence in increasingly complex physical activity context)

Performance Objectives

C - The students will apply their understanding of offense and defense by answering the review questions with 100% accuracy.

A - The students will participate in several basketball games and show respect for their teammates and opponents throughout every game with 100% accuracy.

P - The students will demonstrate their ability to put basketball skills into game situations by participating in multiple basketball games.

Equipment/Materials

Basketballs, Cones, cheese mat, green mat, balance beam, octagonal mat

Skill Development

Fitness Activity

- We will go directly upstairs and start doing our daily stretches. Then I will review the rules of each station for tumbling and gymnastics. The stations will remain the same, but with a few more challenging tasks at each one. There will be one station added for stunting and pyramids.

Introduction/Set Induction

- I will review things that will be on the test with the students because the next class with them we will be testing.

Introduce New Skill**Explanation/Demonstration**

- I will review with the students' offense and defense and give demonstrations of both so that the students will have a better understanding. I will also review that they need to "take the ball back" when they rebound the ball because we are only playing half court due to the size of the class.

Guided Practice Activity

- I will assign two teams to a basket and they will play a half court basketball game for 15 minutes. Then they will be assigned a different team to play for another 15 minutes. Games 2 and 3 will be played today.

Closure

- I will ask the students' one question about basketball before they are allowed to go into the locker room to change.