COURSE TITLE: BASKETBALL
COURSE NUMBERS: 2530
DEPARTMENT: Physical Education
PRE-REQUISITE: None
Co-REQUISITE: 9th Grade must be co-enrolled in Core 9PE
LENGTH OF COURSE: One Semester
SEMESTER PERIODS OF CREDIT: Five
GRADE LEVEL(S): 9-12
DATE ADOPTED: 1990

Meets EUHSD Elective Credit (May Satisfy EUHSD Physical Education Requirement According to EUHSD Board Policy)

COURSE DESCRIPTION: This basketball class is designed to teach basic shooting, passing, dribbling, and rebounding skills along with elementary offensive, defensive and team fundamentals.

5/18/2012
COURSE UNITS/TOPICS

AND

SUGGESTED PACING GUIDE

BASKETBALL

<table>
<thead>
<tr>
<th>Topic</th>
<th>Suggested Instructional Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>I. Dribbling</td>
<td>4 weeks</td>
</tr>
<tr>
<td>II. Passing</td>
<td>4 weeks</td>
</tr>
<tr>
<td>III. Shooting</td>
<td>4 weeks</td>
</tr>
<tr>
<td>IV. Rebounding</td>
<td>4 week</td>
</tr>
<tr>
<td>V. Offensive Fundamentals</td>
<td>4 weeks</td>
</tr>
<tr>
<td>VI. Defensive Fundamentals</td>
<td>4 weeks</td>
</tr>
<tr>
<td>VII. Team Competition</td>
<td>2-3 weeks</td>
</tr>
</tbody>
</table>
I. DRIBBLING

1.0 (Goal) Students will become proficient at dribbling a basketball with either hand without looking at the ball in a low control dribble or a high speed dribble.

1.1 (Objective) Students will be able to dribble the length of the court with either hand while keeping the head and eyes forward and acknowledging the instructor’s change of hand signal.

   1.1.1 PI: Dribble a basketball while stationary and moving with your dominant hand. ESSENTIAL

   1.1.2 PI: Dribble a basketball while stationary and moving with your non-dominant hand. EXPECTED

   1.1.3 PI: Dribble a back and forth changing from one hand to another while moving laterally, toward or back. EXTENDED

SAMPLE INSTRUCTIONAL ACTIVITY

Dribble with one hand from side of the court to the other – changing hands on the command of the teacher.

II. PASSING

2.0 (Goal) Students will be able to pass a basketball to a team member using the following methods:

   a. one and two hand chest pass
   b. one or two hand bounce pass
   c. one or two hand overhead pass
   d. one or two hand push pass

2.1 (Objective) Students will be able to utilize the four different kinds of passes to move the ball the length of the court or during team competition.

   2.1.1 PI: Pass a basketball back and forth to another student using the one or two hand chest, bounce, overhead, and push pass. ESSENTIAL

   2.1.2 PI: Pass a basketball while moving forward or toward the basket using the four different kinds of passes. EXPECTED

   2.1.3 PI: During a three on three or four on four ½ court game, the student will be able to demonstrate use of the four different kinds of passes used to move the basketball to ones teammate. EXTENDED
SAMPLE INSTRUCTIONAL ACTIVITY

While moving the length of the basketball court in three lines the student will pass the ball back and forth to each other using the three different kinds of passes.

III. SHOOTING

3.0 (Goal) Students will learn to shoot the basketball through the hoop utilizing the following types of shots:

   a. one handed set shot
   b. one handed jump shot
   c. close in shots and free throws

3.1 (Objective) Students will be able to use any or all of the different types of shots to score points during team competition and/or during different shooting drills.

   3.1.1 PI: Students will be able to use proper technique when shooting the four different types of shots when in a stationary position. ESSENTIAL

   3.1.2 PI: Students will be able to make 50% of their shots with one guarding using any of the four different types of shots. EXPECTED

   3.1.3 PI: During a three on three or four on four ½ court game, students will be able to utilize one of the four types of shots to score points. EXTENDED

SAMPLE INSTRUCTIONAL ACTIVITY

After passing the ball back and forth from ½ court toward the basketball, the student will stop and shoot a close in shot off the backboard.

IV. REBOUNDING

4.0 (Goal) Students will be able to rebound a missed shot from an offensive or defensive position.

4.1 (Objective) Students will be able to understand the importance of correct positioning when attempting to rebound a missed shot from an offensive or defensive position.

   4.1.1 PI: Students will be able to jump and reach at their highest point for a missed shot. ESSENTIAL

   4.1.2 PI: Students will be able to rebound a missed shot from an offensive or defensive position in a drill set up to teach rebounding. EXPECTED

   4.1.3 PI: Students will be able to rebound a missed shot and outlet the ball to one of their teammates in a class competition. EXTENDED
SAMPLE INSTRUCTIONAL ACTIVITY

In a one on one situation of one offensive and one defensive person, the shooter shoots the ball while the defensive rebounder positions himself to rebound the missed shot.

V. OFFENSIVE FUNDAMENTALS

5.0 (Goal) Students will be able to perform offensive skills such as screens, pivots, passing, shooting, and dribbling while trying to score points.

5.1 (Objective) Students will use these offensive skills in a team setting to score points.

5.1.1 PI: Students will pass the ball to a teammate and set a screen for him so he might have an opportunity to move in and shoot for the basket. ESSENTIAL

5.1.2 PI: Student will set a screen for his teammate and roll to the basket in anticipation of a pass or potential offensive rebound. EXPECTED

5.1.3 PI: While moving to the basket off the pick, student will be able to make the correct decision to shoot or throw the ball to their teammate depending upon how the defense adjusts. EXTENDED

SAMPLE INSTRUCTIONAL ACTIVITY

A three on three drill where the student learns to screen to the pass and screen away from the pass.

VI. DEFENSIVE FUNDAMENTALS

6.0 (Goal) Students will be able to keep opponents from scoring by either a zone or man to man defensive concept. Calling out picks, playing pressure defensive, double teaming, helping out, trapping, sliding your feet, keeping your hands up and playing your zone are all necessary to good defensive fundamentals.

6.1 (Objective) Using the defensive fundamentals to keep opponents from scoring.

6.1.1 PI: Students will demonstrate proper defensive positioning between their man and the basket. ESSENTIAL

6.1.2 PI: Students will play one on one or two on two while demonstrating sliding of the feet, helping out and calling out picks. EXPECTED

6.1.3 PI: Students will play a man to man or zone defense in a four on four or five on five basketball game. EXTENDED
SAMPLE INSTRUCTIONAL ACTIVITY

One on one tall court with the dribbler changing direction every four or five dribbles to force the defense to change his feet and hand position to keep the dribble in front of him.

VII. TEAM COMPETITION

7.0 (Goal) After teaching all the different skills and fundamentals the ultimate goal is for team competition.

7.1 (Objective) Students will be on a team that competes with another team to see who has best learned the skills and fundamentals taught.

7.1.1 PI: Students will be able to play a half court game against another team. ESSENTIAL

7.1.2 PI: Students will be able to play a full court game using zone offensive and defensive principles. EXPECTED

7.1.3 PI: Students will be able to play a full court game using presses, traps, and man to man and zone to zone offensive and defenses. EXTENDED

SAMPLE INSTRUCTIONAL ACTIVITY

Choose twelve teams of four players on each side and play three-ten minute games of kings court basketball.