<table>
<thead>
<tr>
<th>Lesson</th>
<th>Title</th>
<th>Equipment</th>
<th>Motivation</th>
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<tbody>
<tr>
<td>1</td>
<td>Basketball Passing</td>
<td>A, C</td>
<td>SE, DI, TGFU Basketballs, pennies, pylons</td>
</tr>
<tr>
<td></td>
<td>Basketball Dribbling</td>
<td></td>
<td>Working together to win relay Get ‘touchdowns’ Extra points for 5 passes in a row</td>
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<td></td>
<td></td>
<td>Observation checklist</td>
<td>Throwing balls, colliding with other students</td>
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<tr>
<td>2</td>
<td>Basketball Lay-ups</td>
<td>SE, DI, PT</td>
<td>Basketballs, pennies, pylons</td>
</tr>
<tr>
<td></td>
<td>Basketball Shooting</td>
<td></td>
<td>Lay-up line – work as a team to get the best score</td>
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<td>Exit slip</td>
<td>Lay-up relay – win the relay race</td>
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<td>Circuit – catch as many people as possible, don’t get can</td>
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<tr>
<td>3</td>
<td>Basketball Defense/</td>
<td>SE, DI, PT</td>
<td>Basketballs, pennies</td>
</tr>
<tr>
<td></td>
<td>Skills/ ZONE</td>
<td></td>
<td>British Bulldog – good proper defense, try to steal ball</td>
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<td></td>
<td>Observation checklist</td>
<td>Throwing balls, colliding with other students</td>
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<tr>
<td>4</td>
<td>Basketball Creative Game/</td>
<td>SE</td>
<td>Basketballs, pennies</td>
</tr>
<tr>
<td></td>
<td>Scrimmage</td>
<td></td>
<td>King’s Court – Get as many points as you can, get to the Final Four!</td>
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<tr>
<td></td>
<td></td>
<td>Skill evaluation sheet</td>
<td>Throwing balls, colliding with other students</td>
</tr>
</tbody>
</table>
Lesson 1

Grade/Subject: 10 P. E
Unit: Manipulating an Object
Lesson Duration: 80 min

<table>
<thead>
<tr>
<th>SPECIFIC OUTCOMES FROM ALBERTA PROGRAM OF STUDIES</th>
<th>LEARNING OBJECTIVES</th>
<th>ASSESSMENTS</th>
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</thead>
</table>
| A 10-2, B 10-4 C104 (describe, apply, monitor and practice leadership and followership skills related to physical activity) | **Students will: Intro to Basketball PASSING and Dribbling** | Pre-Assessment: demonstration of knowledge/ shadow skills
Observation of 3 key steps
Student Feedback |
| C 10-5 D 10-7 (develop practices that contribute to teamwork) | **Students will communicate positively while setting with other** | Emphasis positive reinforcement, Key Question: What is Purpose of dribbling or passing
Use Whiteboard- visual, demo kinesthetic, oral/ auditory |

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<thead>
<tr>
<th>LEARNING RESOURCES CONSULTED</th>
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<tbody>
<tr>
<td>Resource #: <a href="http://education.alberta.ca/PhysicalEducationOnline/TeacherResources/">http://education.alberta.ca/PhysicalEducationOnline/TeacherResources/</a></td>
</tr>
<tr>
<td>Instructional Model: Direct Instruction/ Teaching for Understanding</td>
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<thead>
<tr>
<th>MATERIALS/ EQUIPMENT/ SET UP</th>
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<tr>
<td>BASKETBALLS</td>
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<tr>
<th>PROCEDURE</th>
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<tbody>
<tr>
<td><strong>Introduction (3 min.):</strong></td>
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</table>

**Warm Up: Introduction to Basketball – Lunges Laps/ Stretch warm up**

**Body (25 min.):**

Learning Activities

1) Introduction to Basketball Dribbling – dribbling left, right hand walk to gym and back. Run back and forth
   - Stationary position (following teacher) dribbling high above waist, low as low as possible, weave between legs.
   - Practice tossing ball in air catching behind back, Go to wall and bounce pass/ Chest pass
2) **Passing – Line up with partner**
   - Bounce Pass, Chest Pass, Overhead Throw,
3) **British Bull dog:** If ball is knocked away then you join circle
4) **Elimination Key Game: Students practice dribbling arm out bum to knee** - If ball knocked out begin in second circle,
   Teach proper dribbling technique

If Time: Ultimate basketball – played like Ultimate Frisbee with students having to bounce or chest pass the ball into the opposing ‘end zone’

<table>
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<tr>
<th>Closure (2 min.):</th>
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**Consolidation/Assessment of Learning:** In a circle the class will review the concepts of proper throwing techniques and receiving. Discuss when then come in next class to warm up and practice throwing with a partner.

**Transition To Next Lesson:** Explain what we will be working on next day and our next goals as we move into layups/ shooting
Lesson 2

Grade/Subject: 10 P. E  Unit: Manipulating an Object  Lesson Duration: 80 min

<table>
<thead>
<tr>
<th>SPECIFIC OUTCOMES FROM ALBERTA PROGRAM OF STUDIES</th>
<th>LEARNING OBJECTIVES (2-3, clear, and measurable)</th>
<th>ASSESSMENTS (Observations, Key Questions, Products/Performances)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Students will: LAY Ups/ Shooting</td>
<td>Students will apply proper technique for left and right lay ups and shooting.</td>
<td>Pre-Assessment: demonstration of knowledge/ Shadow skills Observation of 3 key steps Student Feedback</td>
</tr>
<tr>
<td>C 10-4 (describe, apply, monitor and practice leadership and followership skills related to physical activity)</td>
<td>Students will communicate positively while setting with other</td>
<td>Emphasis positive reinforcement, Key Question: What is Purpose of a layup? What does the footwork look like?</td>
</tr>
<tr>
<td>C 10-5 (develop practices that contribute to teamwork)</td>
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</tr>
</tbody>
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LEARNING RESOURCES CONSULTED

Resource #1: [http://education.alberta.ca/PhysicalEducationOnline/TeacherResources/](http://education.alberta.ca/PhysicalEducationOnline/TeacherResources/)

Instructional Model: Direct Instruction/ Teaching for Understanding

MATERIALS/ EQUIPMENT/ SET UP

* Basketballs

PROCEDURE

Introduction (3 min.):

Warm Up: Relay Race Dribble ball to line 10 Jumping jacks…. Sit ups, Pushups… back to partner.
Intro: Lays up and Shooting techniques

Body (25 min.):

Activity #1: Teach proper lay-up technique
6 Students around each hoop. Line up Both sides. Start with just basic step RLR Up. LRL Up-Pick up Pace step back and come in with a run. – Student feedback
Students Zig Zag around Pylon and come in for layup.
Students run from one side of gym to other do a layup, retrieve ball and run back repeat.

Activity #2: Shooting technique
- Jump shot from 3 pt. line, Foul Line teach BEEF Principle (BALANCE, EYES, ELBOWS, EXTENTION, FOLLOW THROUGH)
- Bend Knees
- Students will practice at difference angles around the gym

Activity #3: BUMP
Students will line up they shoot and keep shooting, if person behind them get it in they are eliminated and will do 10 JJ tile new game.

Activity #4: Ultimate Basketball GAME- Like Ultimate Frisbee. – 3 steps will ball must pass to partners to score.

Closure (2 min.):

Consolidation/Assessment of Learning: In a circle the class will review the concepts of proper throwing techniques and receiving. Discuss when then come in next class to warm up and practice throwing with a partner.

Transition To Next Lesson: Explain what we will be working on next day and our next goals as we move into Defense zone.
Lesson 3

Grade/Subject: 10 P. E  
Unit: Manipulating an Object  
Lesson Duration: 80 min

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<td>(Observations, Key Questions, Products/Performances)</td>
</tr>
<tr>
<td>Students will: DEFENSE/ ZONES</td>
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A 10-3C 10-4  
( describe, apply, monitor and practice leadership and followership skills related to physical activity

Students will apply proper technique for left and right lay ups and shooting.  
Pre-Assessment: demonstration of knowledge/ Shadow skills Observation of 3 key steps  
Student Feedback

C 10-8, D 10-4  
(develop practices that contribute to teamwork)

Students will communicate positively while setting with other  
Emphasis positive reinforcement, Key Question: What is Purpose of defending your zone? Man to man?

LEARNING RESOURCES CONSULTED

Resource #: [http://education.alberta.ca/PhysicalEducationOnline/TeacherResources/](http://education.alberta.ca/PhysicalEducationOnline/TeacherResources/)

Instructional Model: Direct Instruction/ Teaching for Understanding

MATERIALS/ EQUIPMENT/ SET UP

* Basketballs, Pennies

PROCEDURE

Introduction (3 min.):

Warm Up: Relay Race Dribble ball to line 10 Jumping jacks… Sit ups, Pushups… back to partner.

Intro: Lays up and Shooting techniques

Body (25 min.):

Activity #1: Defense

Demonstrate to students where players should stand in and outside the key for defense. Basic 2-3. Have one student run the key while the others pass along the outside wall. Demonstrate how effective passing is – quicker for speed.

Activity #2: Man to Man- Bum to knee... How to guard arms up… close, hit ball.  
Center Line. With Partner. One student will run ball in pivot and other will defense up to net. Student will go in for layup, other student tries to block.

Activity #3 – Basic 1:3:1 Zone Demonstrate to student’s positions.  2:3, 1.1. 3. 3.2. In groups of 5 call out placement and see how fast students can find positions.

Activity# 4- Game Play. Students will begin a game and emphasis on defense when on defense try to position them in and call out a zone.

Activity #5 Game Play- Students will practice Man to Man coverage.

Closure (2 min.):

Consolidation/Assessment of Learning: Stretch Cool down REVIEW ZONEs  
Transition To Next Lesson: Explain what we will be working on next day and our next goals as we move into defense and offensive zones with game play.
# Lesson 4

**Grade/Subject:** 10 P. E  
**Unit:** Manipulating an Object  
**Lesson Duration:** 80 min

| SPECIFIC OUTCOMES FROM ALBERTA PROGRAM OF STUDIES | LEARNING OBJECTIVES  
(2-3, clear, and measurable) | ASSESSMENTS  
(Observations, Key Questions, Products/Performances) |
|---|---|---|
| A 10-3C 10-4 (describe, apply, monitor and practice leadership and followership skills related to physical activity) | Students will apply proper technique for left and right lay ups and shooting.  
113, 2:3, 3:2, 1:3:1 | Pre-Assessment: demonstration of knowledge/ Shadow skills  
Observation of 3 key steps  
Student Feedback |
| C 10-8, D 10-4 (develop practices that contribute to teamwork) | Students will communicate positively while setting with other | Emphasis positive reinforcement, Key Question: What does the 131 zone look like? |

## LEARNING RESOURCES CONSULTED

- Resource #1: [http://education.alberta.ca/PhysicalEducationOnline/TeacherResources/](http://education.alberta.ca/PhysicalEducationOnline/TeacherResources/)
- Instructional Model: Direct Instruction/ Teaching for Understanding

## MATERIALS/ EQUIPMENT/ SET UP

- Basketballs

## PROCEDURE

### Introduction (3 min.):

*Warm Up: Relay Race Dribble ball to line 10 Jumping jacks…. Sit ups, Pushups... back to partner.*  
*Intro: Lays up and Shooting techniques*

### Body (25 min.):

*Activity #1:*

**Half-Court Game:** Recreate- In group students must make 3 rules and play a half-court game. I.e. Only dribble with left hand passes only, hit ball with knee… Creative student challenge. Students must play game then use the other team’s rules.

**Scrimmage Game Play:** Students will play a game incorporating passing, dribbling, pivot, BEEF and other fundamental defense game skills.

**Skill Test?**

### Closure (2 min.):

*Consolidation/Assessment of Learning: Stretch Cool down REVIEW ZONES*  
*Transition To Next Lesson: Self-Assessment*