

## Unit 02: Basketball

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| <b>Unit #:</b> | APSDO-00026614 | <b>Duration:</b> | 4.0 Lesson(s) | <b>Date(s)</b> |  |
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**Grade(s)**  
K, 1, 2, 3, 4

**Subject(s)**  
Wellness

### Unit Focus

In this unit, students will explore the game of basketball through a deliberate focus on dribbling, passing, and spacial awareness concepts. Students will demonstrate improved performance through eye/hand coordination activities in individual and group settings.

### Stage 1: Desired Results - Key Understandings

| Standard(s)  | Transfer   |   |
|--|--|---|
| <p><b>Connecticut Goals and Standards</b><br/><i>Physical Education: 4</i></p> <ul style="list-style-type: none"> <li>Demonstrate an understanding of what the body does, where the body moves, how the body performs the movement and relationships that occur in increasingly more complex movement and game forms <i>M.10.1</i></li> <li>Demonstrate knowledge of rules, safety practices and procedures as they apply to an increasing range of movement situations <i>M.10.3</i></li> <li>Participate in a variety of individual, dual and team tasks, activities, creative movement, dance, play, games and sports <i>M.9.5</i></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> (T2) Communicate effectively based on purpose, task and audience using appropriate vocabulary and body language.</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> (U107) Knowing the techniques (body position, correct movements) makes it more likely to hit the ball/object effectively.</p> | <p><b>Q1</b> (Q100) How can I keep my body centered?</p> <p><b>Q2</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>Q3</b> (Q108) How do I get the ball/object where I want it to go? How do I get ready to catch</p> |

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| <ul style="list-style-type: none"> <li>Understand, participate in the development of, and follow classroom rules; follow activity-specific rules, safety practices and procedures; and apply safe practices, rules, procedures, etiquette and good sportsmanship in all physical activity settings <i>M.13.1</i></li> <li>Value the skill competence that results from practice <i>M.14.5</i></li> </ul> |   | the ball?  |  |
|  | <b>Acquisition of Knowledge and Skill</b> |  |  |
|  | <b>Knowledge</b>                          | <b>Skill(s)</b>  |  |
|  |   | <p><b>S1</b><br/>K-4: Differentiate between movement in personal space and general space safely during activity</p> <p><b>S2</b><br/>K: Demonstrate a dribble with dominant hand attempting second contact</p> <p><b>S3</b><br/>K: Demonstrate a basic bounce pass while in stationary position</p> <p><b>S4</b><br/>K: Demonstrate a basic two-handed (overhand or underhand) shot</p> <p><b>S5</b><br/>Gr 1: Perform a continuous dribble in self space with dominant hand</p> <p><b>S6</b><br/>Gr 1: Perform a bounce pass while stationary and moving</p> <p><b>S7</b><br/>Gr 1: Perform a basic two-handed (overhand or underhand) shot</p> <p><b>S8</b><br/>Gr 2-3: Perform dribbling in self space and while traveling with dominant hand and</p> |  |

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|  |  | <p>mature pattern</p> <p><b>S9</b></p> <p>Gr 2-3: Demonstrate passing (bounce and chest pass) while stationary and moving</p> <p><b>S10</b></p> <p>Gr 2-3: Demonstrate overhand shooting technique while stationary</p> <p><b>S11</b></p> <p>Gr 4: Demonstrate dribbling in self space and while moving with both dominant and non dominant hand using a mature pattern</p> <p><b>S12</b></p> <p>Gr 4: Demonstrate passing (chest and bounce) while stationary and moving with accuracy and control</p> <p><b>S13</b></p> <p>Gr 4: Demonstrate overhand shooting technique while stationary and moving</p> |
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