

# Unit Plan - Basketball

## Lesson Four - Lay-ups

# PLO's

## Grade 9:

- A7 demonstrate a willingness to participate in a wide range of physical activities, including individual and dual activities, games, rhythmic movement activities (including dance and gymnastic activities)
- B5 apply a range of movement concepts (including concepts associated with body awareness, spatial awareness, qualities of movement, and relationships) to improve their performance of activity-based movement skills
- C1 demonstrate behaviours that minimize the risk of injury to self and others in physical activity
- C2 demonstrate proper use of equipment and facilities
- C3 demonstrate fair play in physical activities across the activity categories

## Grade 10:

- A1 describe a variety of ways to be active throughout one's life
- A4 participate daily in moderate to vigorous physical activity to enhance fitness
- B5 apply movement concepts (including concepts associated with body awareness, spatial awareness, qualities of movement, and relationships) to improve their performance in demanding or complex physical activities across the activity categories
- C2 model proper use of equipment and facilities
- C3 apply fair play conduct in all physical activities across the activity categories

# Learning Intents

Students will be able to (SWBAT):

Psychomotor:

- Perform lay-ups with good technique with both hands
- Time their steps as to not travel

Cognitive

- Understand where best to lay the ball up (backboard location)
- Realize that short shots and lay-ups are high percentage shots

Affective:

- Playing cooperatively as a group
- Apply safety principles

Social:

- Create good team atmosphere
- Encourage and support each other

Equipment:

- Basketballs
- Big Pylons (12)
- Pinnies (at least 4 different colours)
- Cones (32)

# Sequence of Events

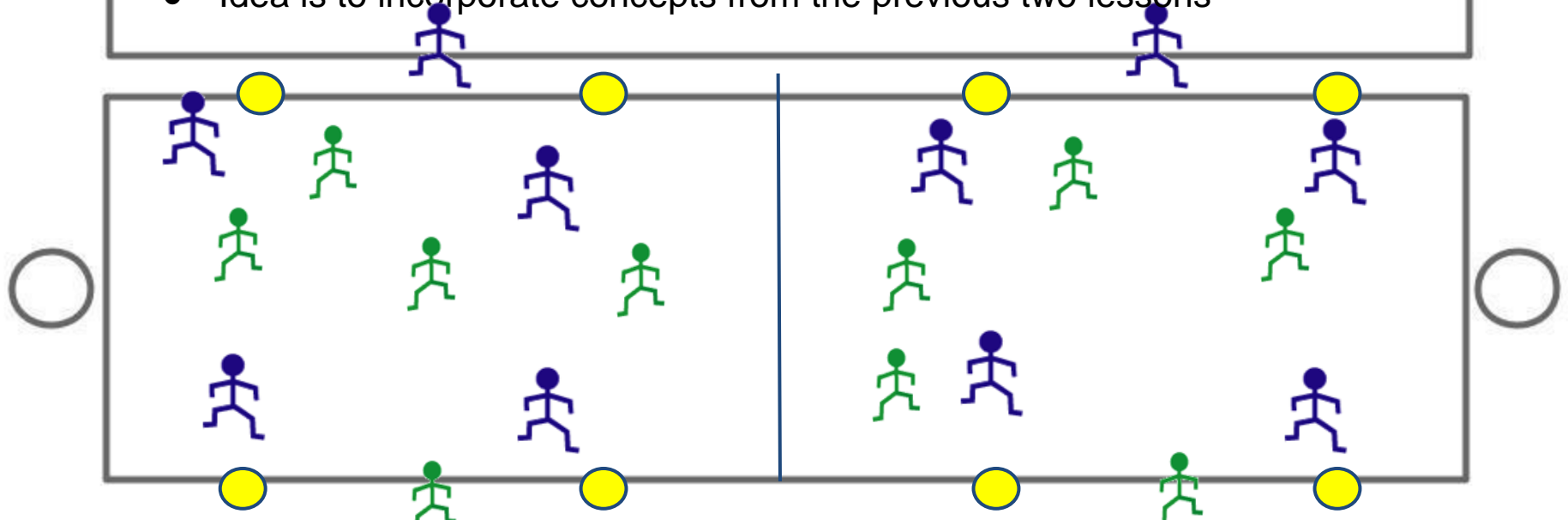
Date:

Number of Students:

Change and free-play:	10 minutes
Warm-up, stretch, discussion:	10 minutes
Initial Activity:	10 minutes
Skills Breakdown:	15 minutes
Culminating Activity:	20 minutes
Wrap-up and Change:	15 minutes
Total:	80 minutes

## WARM-UP - End Ball (10 minutes)

- Both Courts 5v5 5v5 etc. (Students are now in teams selected by ability level, good mix on each team)
- Essentially Handball with no goals, touch touchdown instead
- Focus on aspects from previous day
- Cannot run with the ball
- Have to receive a pass over the line
- Idea is to incorporate concepts from the previous two lessons



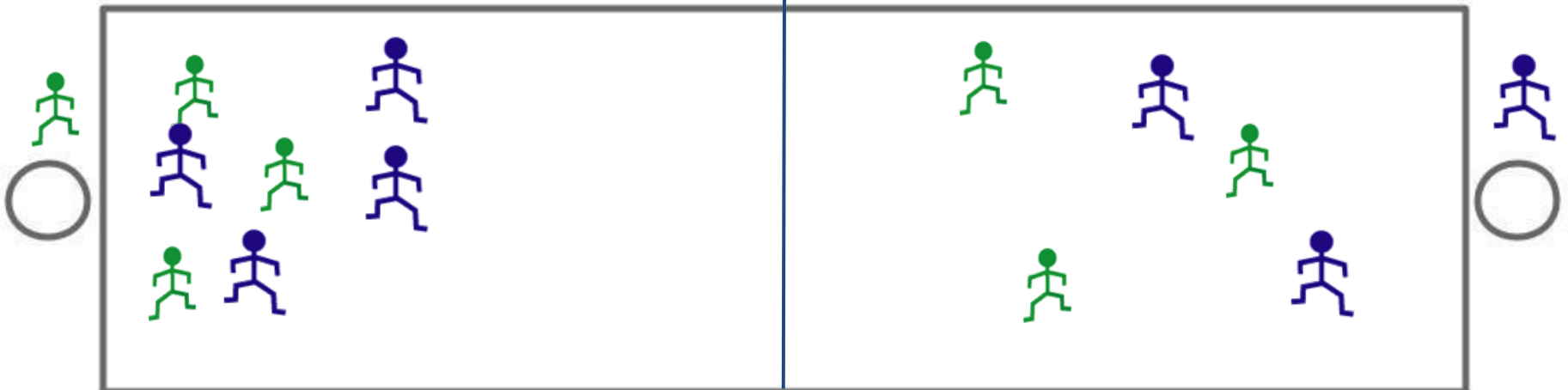
# What are we Trying to Achieve Today

## Cues:

- Learn the correct lay-up technique
  - Know what a high-percentage shot is
  - Incorporate scoring into our mini-games
  - Assess our involvement level
  - Continue to develop our Basketball literacy
- Three step lay-up
  - Step with outside foot first
  - Plant on second step
  - Drive same arm and leg up
  - Pretend they are stuck together by an elastic band

## Initial Activity - 3 v 2 Switch Evaluate Lay-ups (10 mins)

- 3v2 or 4v3
- Handball possession
- Cannot move with ball
- Want to see lay-ups
- Will spend about 4 minutes with each group
- No shooting or rebounds
- When team scores the teams switch offense and defense roles



## Skill Development - Layup techniques (10 -15 minutes)

- Introduction of technique by me
- Go around and spend time with each group
- In their groups, practice lay-ups
- Left side lays up, right side rebounds (have teams keep score)
- Switch roles
- Then switch to right side lays up
- Creativity: use either hand, switch in the air, be aware of technique
- Within the two teams combined, how many lay-ups can you score in 2 minutes (only with good technique)



### Cues (Re-iterate):

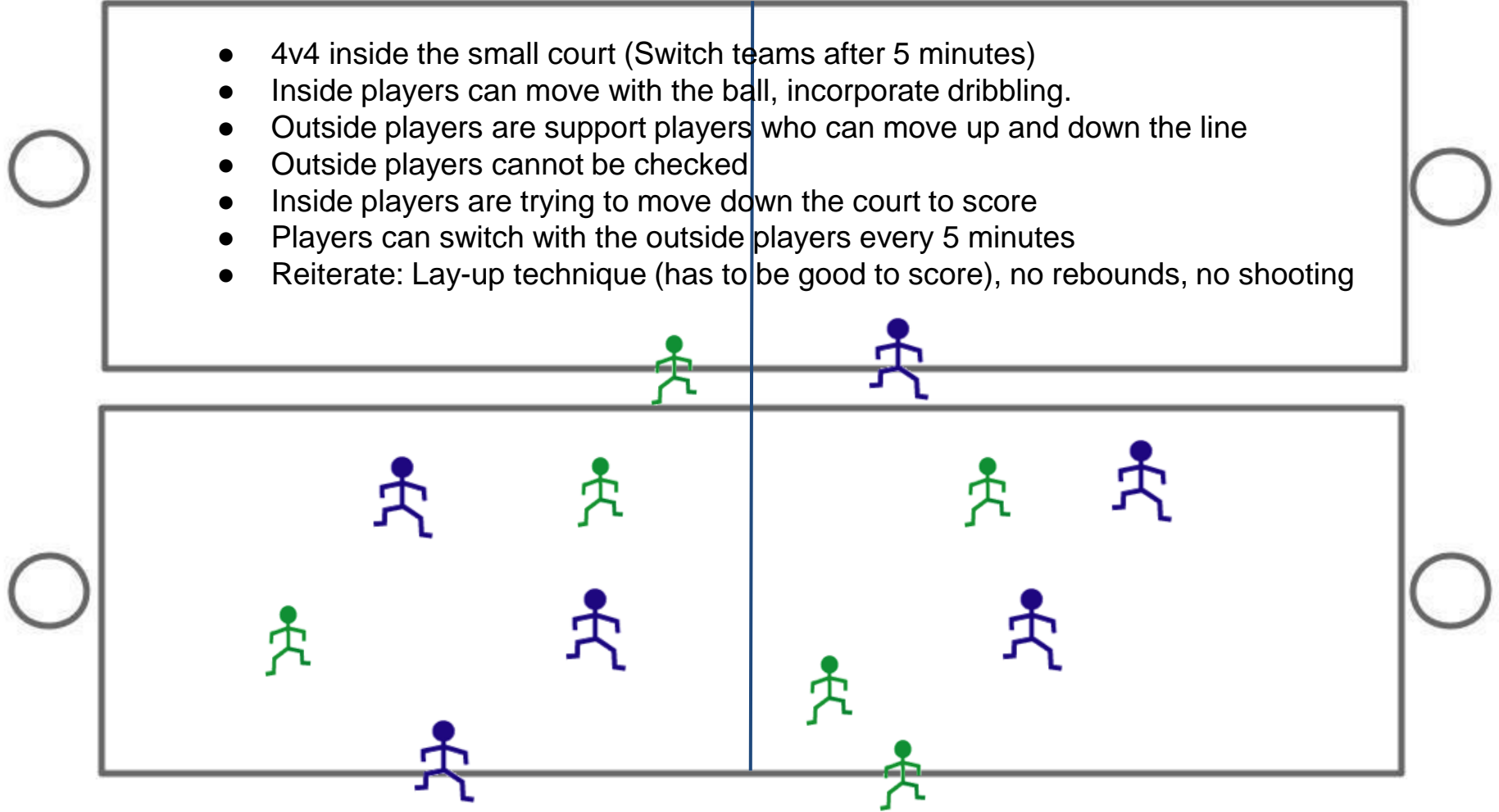
- Three step lay-up
- Step with outside foot first
- Plant on second step
- Drive same arm and leg up
- Pretend they are stuck together by an elastic band





## Culminating Activity - 4 v 4 with side players (20 minutes)

- 4v4 inside the small court (Switch teams after 5 minutes)
- Inside players can move with the ball, incorporate dribbling.
- Outside players are support players who can move up and down the line
- Outside players cannot be checked
- Inside players are trying to move down the court to score
- Players can switch with the outside players every 5 minutes
- Reiterate: Lay-up technique (has to be good to score), no rebounds, no shooting



# Wrap-up (5 minutes)

- Equipment retrieval by students
- Discussion about lay-ups
- Talk for next day (Run or Circuit)
- Exit slip #2
- See you tomorrow gentlemen

## Exit Slip

Name: \_\_\_\_\_

Exit Slip #2

Date:

1. When doing a left-handed lay-up with leg should drive up towards the hoop?  
(Not the last one on the ground)
2. What does high percentage shot mean?
3. What did you find to be the hardest part of the lesson today?