

Unit Plan - Basketball

Lesson 6 - Offense/Putting it all
together

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)
- B2 apply fundamental movement skills in games activities in predictable and unpredictable settings
- C1 demonstrate behaviours that minimize the risk of injury to self and others in physical activity
- C3 demonstrate fair play in physical activities across the activity categories
- C4 exhibit leadership in a range of physical activities

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
- B2 apply fundamental movement skills in a range of complex games activities
- C2 model proper use of equipment and facilities
- C3 apply fair play conduct in all physical activities across the activity categories
- C4 apply leadership in a wide range of physical activity situations

Learning Intents

Students will be able to (SWBAT):

Psychomotor:

- Use fakes and body to dissuade defense
- Move to support ball carrier

Cognitive:

- Understand space and shape of offense
- Determine high percentage attacking plays

Affective:

- Playing cooperatively as a group
- Apply safety principles

Social:

- Create good team atmosphere
- Encourage everyone
- Passive defense sometimes, learning before intensity

Equipment:

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

Sequence of Events

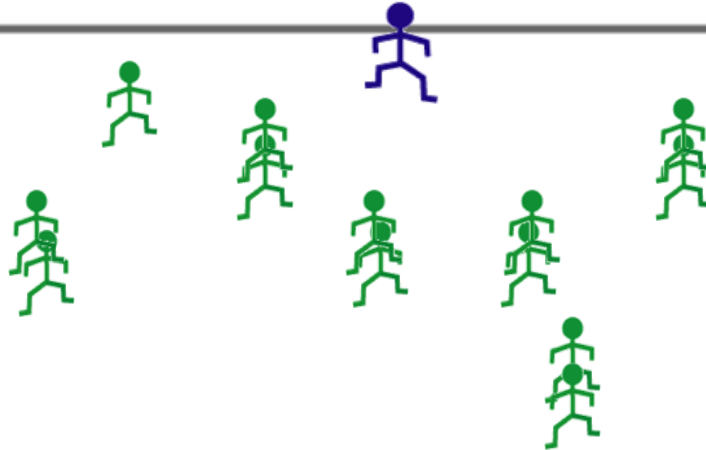
Date:

Number of Students:

Change and free-play:	10 minutes
Warm-up, stretch, discussion:	5 minutes
Initial Activity:	15 minutes
Skills Breakdown:	15 minutes
Culminating Activity:	20 minutes
Wrap-up and Change:	15 minutes
Total:	80 minutes

WARM-UP - Train Tag (5 minutes)

- Everyone starts with a partner, make a two person train
- Two people are not attached, one is 'it' the other is being chased
- The one being chased can link up to a train
- If this happens then the front of the train has to break off
- Otherwise played just like tag
- Have fun with it



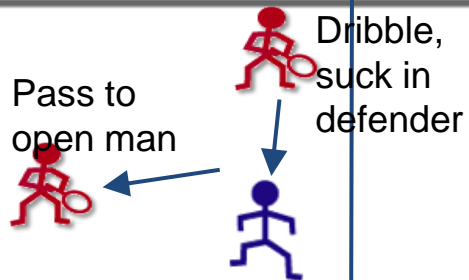
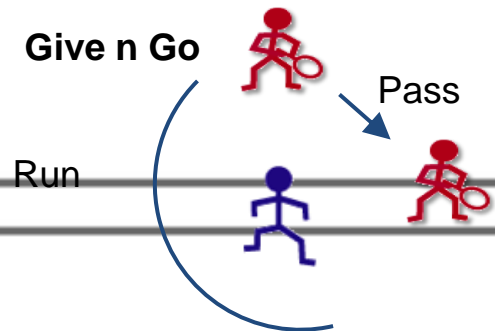
What are we Trying to Achieve?

- Understand a couple basic offensive strategies
- Learn that they all revolve around movement, passing, and talking
- Be creative with offensive strategies

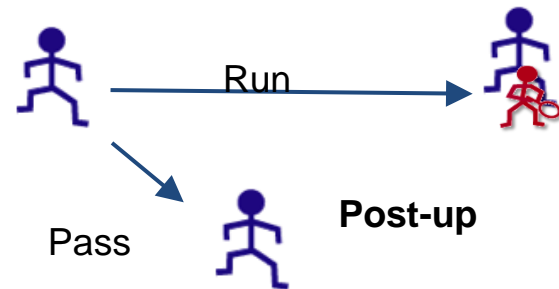
Initial Activity - Intro to Offense (15 mins)

- Demo: Give and go, Post-up, Penetrate and attack principles
- Split up teams into 4 groups
- 2 groups per court, half court games, one team offense the other defense
- Offense goes down 4-3
- Missed shot or basket, turns over and defense becomes offense
- Keep track of points
- Switch team after 5 minutes

Give n Go



Penetrate attack



Culminating Activity - Putting it all Together (30 minutes)

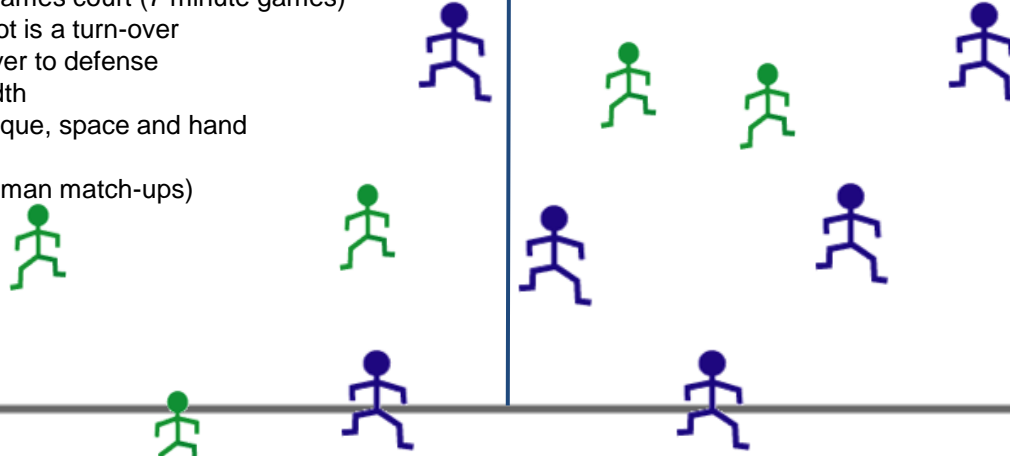
Lay-up Challenge
- Horse with
different lay-ups

Dribbling Challenge
- One ball
- Two balls
- Moves

Peas Shooting
Game



- 4v4 (2-3 outside players) games court (7 minute games)
- No rebounding, missed shot is a turn-over
- Grapple situation is turn-over to defense
- Use outside players for width
- Reiterate: defensive technique, space and hand positioning
- Possible progression (odd man match-ups)



Wrap-up (10 minutes)

- Equipment retrieval by students
- Discussion: Offense basics, putting it together, introduce checklist and peer assessment
- Talk for next day (Fitness Friday Reminder)
- See you tomorrow gentlemen