

Physical Education Virtual Learning

7th & 8th PE Basketball

May 6, 2020



7th & 8th Physical Education Dribbling Lesson: May 6, 2020

Objective/Learning Target:

Dribbles with dominant hand using a change of speed and direction in a variety of practice tasks.

NASPE (S1.M8.7)

Dribbling A Basketball

How to dribble a basketball using proper technique.



Lesson Objective

Student will understand and perform the skill of dribbling correctly while using the appropriate cues.



Essential Question

How is your hand placed on the ball when dribbling properly?



Standards

ISD LT 1.1: I can perform selected hand/eye skills with the correct critical elements in a modified game setting (Throwing catching, dribbling a basketball, etc.)

NASPE Standard #1: Demonstrates competency in a variety of motor skills and movement patterns.

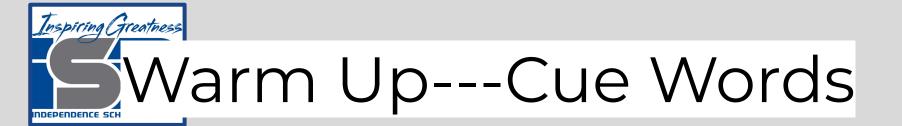


Warm Up---Video

During the video......Pay attention to the words: Eyes, Balance and Finger Tips.

Click on the following video:

Dribbling Technique



EYES

BALANCE

FINGER TIPS

Warm Up---Cue Words

EYES: Your eyes need to be UP at all times, do not look down at the ball.

BALANCE: Knees bent. Get into a triple threat position.

FINGER TIPS: Dribble the ball with the tips of your fingers. You want to contact the ball on the top of the ball.



You can use the following equipment to practice with:

- -Basketball
- -Any type of circular ball that will bounce
- -Nothing (you can still go through these motions without physically dribbling anything)



If using equipment, you will need to practice somewhere on a hard surface so the ball will bounce.

If you are not using equipment, you can practice anywhere.



Step #1: In your own space, prepare yourself to dribble by thinking about the Cue Words: EYES, BALANCE, FINGER TIPS.

Reciting these words will make you a better dribbler.

Step #2: Hold the ball, with your EYES up. Bend your knees so you are in triple threat/an athletic stance. This should make your body feel BALANCE. Next, with your dominant hand, begin to dribble the ball with your FINGER TIPS.



Step #3: When you start to feel more confident, begin to move around while you dribble. Make sure you continue to use the 3 Cue Words.

Step #4: If you want a challenge, repeat these steps using your non dominant hand.



Self Assessment

Which step did you get to?

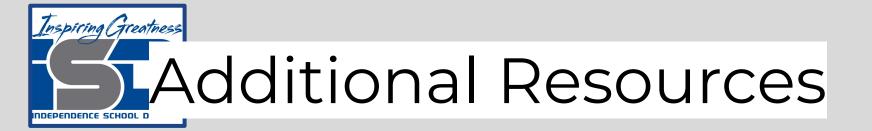
Which step was the most comfortable for you?

Explain the Cue Words to someone at your house.



Thinking Critically

Why is it important to be balanced and in a triple threat position when you have the ball?



If you need further information of the triple threat posistion, go here:

Triple Threat Position

If you need a different way to perform the technique in a game-like situation, go here:

<u>Dribbling Technique in Game Play</u>