

Basketball		Health & Fitness Academic Content	Motor Skills	Social/Emotional/Safety
	<b>Essential Questions</b>	What type of sports is this considered to be; aerobic vs anaerobic?	What types of movement skills are needed?	What rules and sportsmanship protocols are needed?
	<b>Content</b>	How does the F.I.T.T. principle fit into this sport and for your correct amount of physical activity needed?	<p>Passing such as; overhead, bounce, chest. Dribbling such as; cross over, strong/weak hand and specialty one added. Shooting technique. Defensive and Offensive concepts. Pick and roll plays.</p> <p>Strategies needed Basketball.</p> <p>Specialty plays in the game.</p>	<p>Is teamwork required in each activity?</p> <p>How does integrity, honesty, respect, compassion, empathy, and collaboration pertain to the activity your involved with?</p>
	<b>Skills/ Activities</b>	<p>How do the training principles relate to this sport and your physical abilities in regards;</p> <ol style="list-style-type: none"> <li>1. Overload</li> <li>2. Specificity</li> <li>3. Progression</li> <li>4. Reversibility</li> <li>5. Diminished Return</li> </ol>	<p>Station work to practice</p> <p>Warm up time to work on specificity of skills</p> <p>Round Robin Tournaments</p> <p>Bracket Tournaments</p> <p>Skill level Divisions</p>	<b>Problem solving skills will be worked daily</b>
	<b>Assessment</b>	Self -Assessment	<p>Teacher Observation</p> <p>Playing Performances</p> <p>Student Self Assessment</p> <p>Self Assessment final on written rules and guidelines for each sport played in class</p>	<p>Teacher Observation</p> <p>Student Self-Assessment.</p> <p>Self assessment on sportsmanship in class</p>

	<b>Standards</b>	3.1  3.6	2.1  2.4	5.1 5.2 5.3 4.1 4.2 4.3 4.4
	<b>Equipment/Resources</b>	Internet use for understanding of sports. Use in the gym with the in-focus machine.	Sports specific balls, jerseys, cones, nets, standards and goals needed. Also, painter tapes for extra lines needed	Sounds system for music or giving directions on a speaker. Music allows for a pleasant environment



