

FGSPE LESSON PLAN

Category:	Fundamentals	Venue:	Basketball Court / Hall
Topic:	Basketball Fundamentals Part 3 Lesson – Shoot		
Skills to be covered:	1. Stationary shoot from different positions and distance		

SKILL #1: STATIONARY SHOOT FROM DIFFERENT POSITIONS AND DISTANCE

Learning Outcome:	Student will be able to shoot the basketball into the hoop while standing stationary at different positions and distance
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Suggested Instructions:

HOLDING OF THE BALL IN SHOOTING POSITION

1. I will hold the basketball correctly in the shooting position with proper hand placement (one hand under the basketball, and the other hand at the side of the basketball)



1. I will bend my knees and get ready to release the ball. My eyes will be looking at the basketball hoop and aim the basketball into the hoop
2. I will use the hand that is under the basketball to push it towards the basketball hoop. The hand that is at the side of the basketball is to support the basketball while shooting

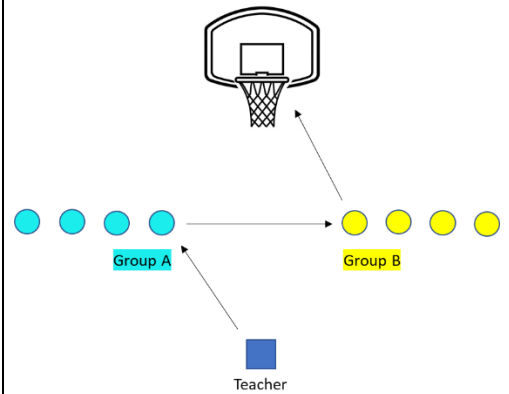


Suggested Activity:

BALL SHOOTING

1. Divide the students into 2 groups
2. Position the 2 groups as illustrated in the diagram
3. Teacher to throw the ball to the first student in Group A, and he will pass the ball to the first student in Group B
4. After catching the ball, the student will shoot the ball into the hoop
5. The first student of each group will then move to the back of the line in their respective groups and teacher will repeat for the next student
6. After every student gets a turn, teacher will throw the ball to the first person in Group B, and repeat the activity

(Refer to the website for game demonstration)



Skill Assessment

The assessment is to determine student’s skill proficiency. Use the pointers below as guide and assess student’s skill proficiency using observation. A gentle reminder to key in the assessment results online.

Developmental Phases for:	STATIONARY SHOOT FROM DIFFERENT POSITIONS AND DISTANCE			
<p>INITIAL PHASE:</p> <ol style="list-style-type: none"> 1. Shoots with both hands on the side of the basketball 2. Eyes are not focused on the hoop when shooting 3. There is little or no balance and the shot is inaccurate <p>TRANSITION PHASE:</p> <ol style="list-style-type: none"> 1. Eyes are looking at the hoop when shooting 2. Knees are not bended & lower body is not fully utilized when shooting <p>MATURE PHASE:</p> <ol style="list-style-type: none"> 1. Shoots with hands on correct side of basketball (one hand under the basketball, the other hand at the side of the basketball) 2. Knees are bended & lower body is fully utilized when shooting 3. Body is balanced when shooting <p><i>NOTE: Tick one developmental phase of the skill below based on your observation.</i></p>				
NO.	NAME	INITIAL PHASE	TRANSITION PHASE	MATURE PHASE