

FGSPE LESSON PLAN

Category:	Advanced	Venue:	Basketball Court / Hall
Topic:	Basketball Advanced Part 1 Lesson – Throw & Catch		
Skills to be covered:	1. Throw & catch (chest pass) with a stationary partner 2m away 2. Throw & catch (bounce pass) with a stationary partner 2m away 3. Continuous passing drill		

SKILL #1: THROW & CATCH (CHEST PASS) WITH A STATIONARY PARTNER 2M AWAY

Learning Outcome:	Student will be able to throw & catch with a stationary partner using the chest pass method
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Suggested Instructions:

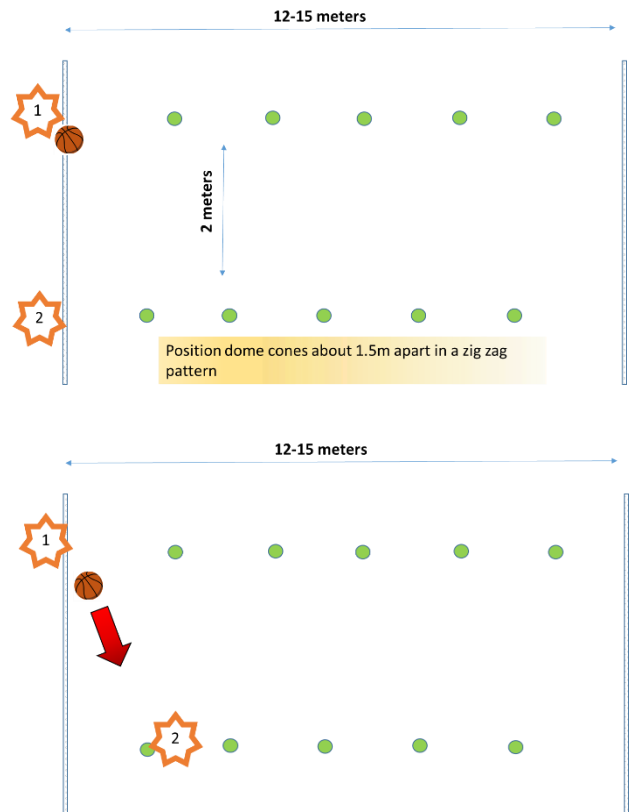
1. With a ball in my hands, I do a chest pass to my partner standing opposite me
2. I run to the next cone and catch a chest pass made by my partner



Suggested Activity:

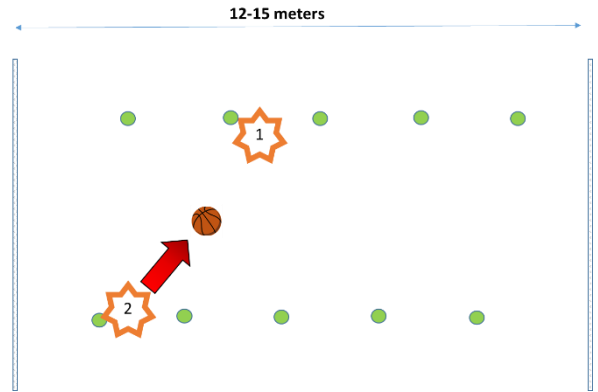
ZIG ZAG CHEST PASS RELAY

1. Divide the students into 2 groups and set up the play area (as illustrated in the diagram)
2. The first student of Group 1 will call for the first student of Group 2 to run to the first cone
3. Student from group 1 will do a chest pass to student from group 2



4. Then, student from group 2 will call for the student from group 1 to run to the next dome cone and do a chest pass to him/her
5. This zig zag chest pass relay continues down the line of dome cones
6. When they have reached the last dome cone, the next students from both groups will continue the relay (repeat steps 2-5)

(Refer to the website for game demonstration)



**SKILL #2: THROW & CATCH (BOUNCE PASS)
 WITH A STATIONARY PARTNER 2M AWAY**

Learning Outcome:	Student will be able to throw & catch with a stationary partner using the bounce pass method
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Suggested Instructions:

1. With a ball in my hands, I look at my partner. My partner must be ready to receive the ball
2. I get ready by bending my knees a little
3. I will take one step forward, stepping into my throw for more power
4. I extend my arms and push the ball with both my hands, from my chest
5. I aim to bounce the ball once on the ground in the direction where my partner is
6. I will use enough power and strength for the ball's rebound to be high enough to reach my teammate's hands and chest
7. I will end the throw with my thumbs down and hands facing out
8. Ideally, the ball should bounce just after the halfway mark between students
9. After the pass, I run to the next cone and catch a bounce pass made by my partner

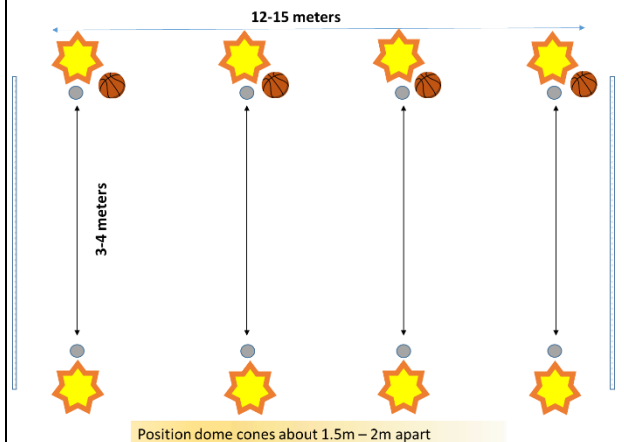


Suggested Activity:

SIMPLE BOUNCE PASS DRILL

1. Divide the students into pairs and set up the play area (as illustrated in the diagram)
2. Each pair to stand opposite each other about 3-4m apart. Each pair will have 1 basketball
3. When teacher says "GO!", the student with the basketball will make a bounce pass to the partner
4. After catching the ball, the partner to make a bounce pass back
5. Teacher may want to let the drill continue for 1-2 mins

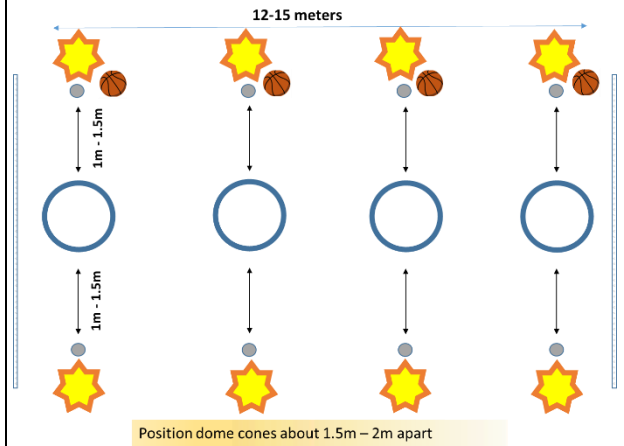
(Refer to the website for game demonstration)



COMPLEX BOUNCE PASS DRILL

1. Divide the students into pairs and set up the play area (as illustrated in the diagram)
2. Each pair to stand opposite each other about 3-4m apart. Each pair will have 1 basketball
3. Set up a hoop in between each pair. This hoop acts as a target to help students to focus and hone their skills as to where they should bounce the ball
4. When teacher says "GO!", the student with the basketball will make a bounce pass to the partner, aiming to bounce the basketball in the hoop
5. After catching the ball, the partner to make a bounce pass back
6. Teacher may want to let the drill continue for 1-2 mins

(Refer to the website for game demonstration)

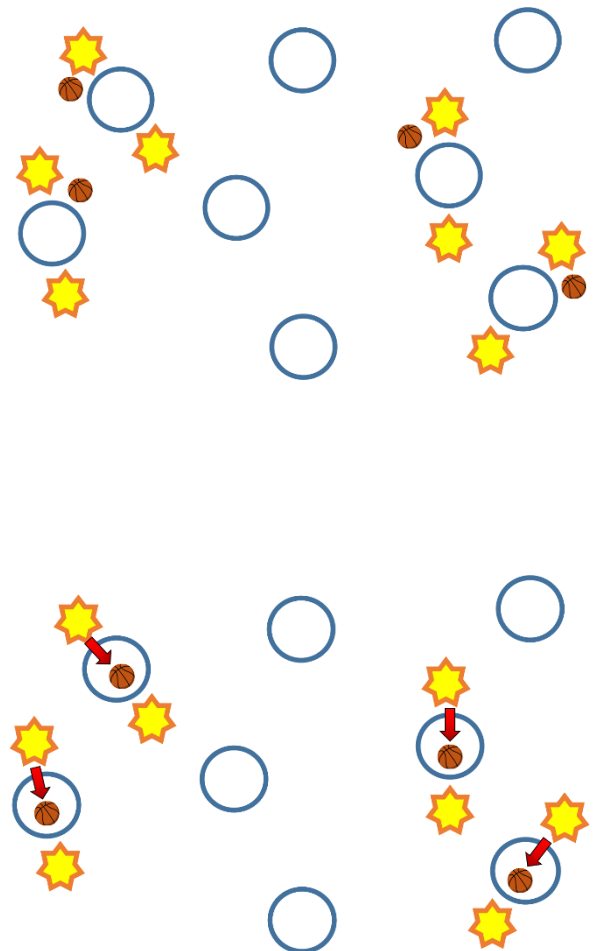


SCATTER AND BOUNCE GAME

1. Divide the students into pairs and set up the play area (as illustrated in the diagram)
2. Randomly scatter hoops around the play area (about 4-5m away from each other)
3. The hoops act as targets to help students to focus and hone their skills as to where they should bounce the ball
4. Each pair to start by choosing their own hoop
5. When teacher says "GO!", the student with the basketball will make a bounce pass to the partner, aiming to bounce the basketball in the hoop
6. After catching the ball, the partner to make a bounce pass back
7. After the pair finishes their bounce, they will move to another hoop that is free and do a bounce pass again
8. Repeat steps 5-7
9. Teacher may want to let the drill continue for 2-3 mins

**The rationale for scattering hoops at random is to give the students the opportunity to practise moving and movement. They will have to make choices, and this game also aims to help build communication skills between students as they work in pairs and move together

(Refer to the website for game demonstration)



SKILL #3: CONTINUOUS PASSING DRILL

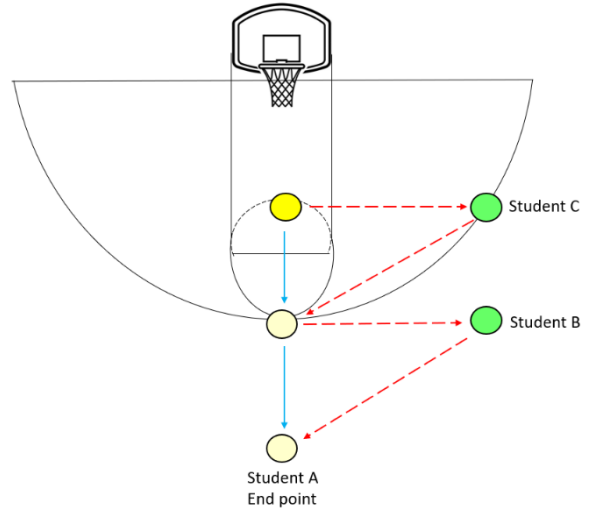
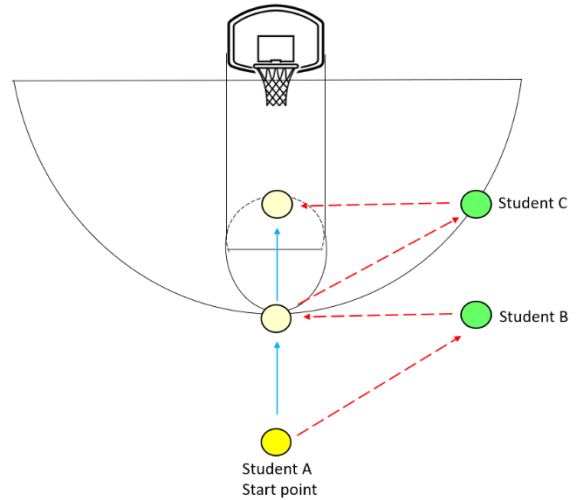
Learning Outcome:	Student will be able to complete a continuous passing drill by passing, running, and catching the basketball
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Suggested Instructions:

1. Set up the drill area (as illustrated in the diagram)
2. Student A will start at the central line
3. Student A will throw the ball to student B (red arrow) and run towards the 3-point line (blue arrow)
4. Student B will throw the ball to the student running to the 3-point line
5. After catching the ball, student A will throw the ball to student C (red arrow) and run to the 1-point line

6. Student A will then do the same towards the direction that he came from, to end the drill at the end point

(Refer to website for drill demonstration)



Suggested Activity:

PLAY WITH THE WALL

1. Place the ground marker 2 metres away from the wall. Stand on the ground marker and start throwing the ball to the wall using Chest Pass method. As the ball bounces back, assume 'Ready to Catch' stance and catch the ball.
2. Place two cones (two metres apart and two metres away from the wall). Student to stand at the first cone while holding the basketball. Upon hearing the whistle, student will face the wall and start throwing the basketball to the wall, catch it and continuously doing it until he reaches the second cone.

(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:	THROW & CATCH WITH A STATIONARY PARTNER 2M AWAY			
<p>THROW & CATCH WITH A STATIONARY PARTNER 2M AWAY CRITERIA:</p> <ol style="list-style-type: none"> 1. Eyes are focused on the ball 2. Hands move to meet the ball 3. Hands and fingers are relaxed and slightly cupped to catch the ball 4. Catches and controls the ball with hands only (well-timed closure) 5. Elbows are bent to absorb the force of the ball 6. Complete a pass to teammate after catching the ball <p>ASSESSMENT CRITERIA:</p> <ul style="list-style-type: none"> • INITIAL PHASE: Student is unable to execute the skill even with provided prompts • TRANSITION PHASE: Student is able to execute the skill with prompt(s) • MATURE PHASE: Student is able to execute the skill independently <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