

# FOLSOM CORDOVA UNIFIED SCHOOL DISTRICT

## FUNDAMENTALS OF BASKETBALL

**Date:** December, 2007

**Subject Area:** Elective

**Grade Level(s):** 10-12

**Course Length:** 1 year

**Grading:** A-F

**Number of Credits:** 5/Semester

**Prerequisite:** Fitness 1

### **COURSE DESCRIPTION:**

The content articulates the knowledge, skills, and confidence students need to maintain meaningful physical activity throughout their lifetime. The course sequence provides a blueprint for delivering the content in a manner that equips students to make a successful transition from physical education instructional programs to participation in physical activity during adulthood. The adult lifestyle demands that individuals initiate and monitor their own participation in a physical activity.

Half Court Basketball is an elective for students who want an intensive experience in an activity that they may wish to participate in for years to come. This course is designed to equip students with intermediate/advanced basketball skills and knowledge of the rules of the game that can be used as a vehicle for life long fitness.

### **GENERAL GOALS AND PURPOSES:**

Students will:

- Explain the skill-related components of balance, reaction time, agility, coordination, explosive power, and speed that enhance performance levels in basketball.
- Evaluate the relationships of physical, emotional, and cognitive factors affecting team and individual performance.
- Analyze and explain situations to determine appropriate strategies to use in game situations.
- Evaluate independent learning of movement skills related to basketball.
- Use and analyze scientifically based data and protocols to assess oneself on the five components of health and physical fitness.
- Be competent in skills relevant to the game of basketball.
- Understand how and why they move in a variety of situations and use this information to enhance their own skills.
- Achieve and maintain a health-enhancing level of fitness.
- Exhibit a physically active lifestyle and understand that physical activity provided opportunities for enjoyment, challenge, and self-expression.
- Demonstrate responsible personal behavior while participating in movement activities.
- Demonstrate responsible social behavior including respect for all others, while participating in movement activities.
- Be able to articulate the knowledge, skills, and confidence needed to maintain a meaningful physical activity throughout their lifetime.
- Successfully transition from our physical education instructional program to participation in physical activity during adulthood.
- Individually be able to initiate and monitor their own participation in physical activity which their adult lifestyle will demand.
- Understand that family responsibilities, career demands, and individual choices will influence physical activity patterns.
- Develop proficient movement skills in each area of physical education.

- Expand their capabilities for independent learning.
- Examine practices that allow for sound decision making to enhance successful participation in movement activities.

### **STUDENT READING COMPONENT:**

Students will:

- Research the history and evolution of the game of basketball.
- Utilize activity study guides.
- Read and take written test.
- Research rules that govern the game of basketball.

### **STUDENT WRITING COMPONENT:**

Students will:

- Take written test.
- Write self and peer evaluations.
- Create plays and strategies for the game of basketball.
- Write about a current outstanding coach or player.

### **STUDENT ORAL COMPONENT:**

Students will:

- Utilize oral communication skills while participating in group activities that foster positive, responsible, personal and social behaviors.
- Describe several types of offense and defense.
- Describe techniques used in the game of basketball.

### **DETAILED UNITS OF INSTRUCTION:**

The three content standards to be integrated and addressed are:

#### **Standard 1:**

Students demonstrate knowledge of and competency in motor skills, movement patterns, and strategies needed to perform a variety of physical activities.

#### **Standard 2:**

Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.

#### **Standard 3:**

Students demonstrate knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.

1. Fitness
2. Analysis of Movement
3. History of the game
4. Rules of Basketball
5. Dribbling: Execute and define the five basic dribbles.
  - a. speed
  - b. Behind the back
  - c. Cross-Over
  - d. Change of Pace

- e. Reverse
- 6. Passing: Execute and define.
  - a. Two handed bounce pass.
  - b. Two handed chest pass
  - c. Baseball pass
- 7. Shooting: Execute and define.
  - a. Set shot
  - b. Jump shot
  - c. Lay-up
- 8. Defense: Execute and define.
  - a. Defensive stance
  - b. Defensive slide
  - c. Man to Man
  - d. Zone
  - e. Offensive Press
- 9. Offense: Execute and define.
  - a. Offensive sets
  - b. Defensive sets
- 10. Steroids and Performance enhancing drugs.
- 11. Nutrition for Fitness
- 12. High School/ Professional Basketball
- 13. Sports Injuries.

**THIS COURSE WILL PREPARE STUDENTS FOR THE CAHSEE AND / OR THE FCUSD EXIT EXAMS:** None

**LAB FEE:** None

**DISTRICT ESLRS'S TO BE ADDRESSED:**

**Students will be:**

- **Self Directed Learners:** Students will achieve and maintain a health-enhancing level of physical fitness and exhibit a physically health lifestyle.
- **Effective Communicators:** Students will demonstrate responsible social behavior including respect for all others.
- **Constructive Thinkers:** Students will understand how and why they move in a variety of situations, and use this information to enhance their own skills. They will understand that physical activity provides opportunities for enjoyment, challenge, and self expression. Students will understand how history and culture have influenced games, sports, plan, and dance.
- **Quality Producers/Performers:** Student will be competent in many movement activities.
- **Collaborative Workers:** Organized sport requires working together towards a common goal. Collaboration is an integral part of progress towards this goal.
- **Responsible Citizens:** Students will demonstrate responsible personal and social behavior while participating in movement activities.
- **Effective Communicators:** Students will demonstrate responsible behavior including respect for all others.