

BASKETBALL

Class Objectives
K-5

Kindergarten students will:

- demonstrate how to start a dribble
- push or pound the basketball to maintain a dribble
- illustrate the pads of the fingers by doing spider push-ups
- attempt to build a block hand or a shield to start the catch
- attempt add the tuck hand to the block hand when catching
- dribble out ahead to attempt speed dribbling
- partner bounce pass, building "seal" hands (thumbs down)
- demonstrate the shot follow-through: the gooseneck
- demonstrate dribble-dribble-hop, hop with two feet at same time
- attempt high, medium, low with the dribble
- attempt one-hand dribble through cones - weaving
- roll the basketball through patterns/shapes
- engage, play lead-up games
- demonstrate to feel the difference between pushing the basketball out vs. down
- attempt several ball handling challenges including windshield wipers, bongos and V-dribble

First Grade students will:

All Kindergarten objectives plus:

- understand the difference between control dribble and speed dribble
- stop and start with the dribble, with and without moving
- attempt a series of ball handling challenges including 1-2-Cross and the Superstar Drill
- understand the difference between the bounce pass and the chest pass
- gain an understanding of the basketball pivot and the quick stop (jump stop)
- begin to understand the concept of Offense vs. Defense
- shoot the basketball showing a gooseneck finish
- attempt to dribble-dribble-hop before releasing the shot
- engage, play and demonstrate sportsmanship in lead-up games; Pacman, Swim Fish, Swim, and Candy Cane Tag

Second Grade students will:

All Kindergarten - First Grade objectives plus:

- display the concept of high to low/low to high dribbling through games; Messies & Cleanies, The Ocean, The Lake, and a Mud Puddle
- demonstrate a change of direction with the basketball and a change of speed
- begin identifying the details of passing using the Partner Task Sheet (peer coaching)
- begin identifying the details of dribbling using the Partner Task Sheet (peer coaching)
- earn stickers by demonstrating, to the best of their ability, a blend of basketball skills
- demonstrate the chest pass using the wall, showing thumbs down follow-through
- demonstrate how to "defend" their offensive player (player with the ball) - mirror
- participate and demonstrate good sportsmanship and following game rules in team lead-up games including; The Magic Number Is..., and Candy Cane Tag

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Third Grade students will:

All Kindergarten - Second Grade objectives plus:

- attempt the age-appropriate ball handling challenges such as the Spider Drill
- attempt the skills of control dribbling, quick stops with and without the dribble and pivoting
- follow whistle commands to start and stop; picking up the dribble to "rip and jab"
- understand the why of the "rip and jab" (to protect the ball from the defense/other team)
- demonstrate 1-2-Gooseneck shooting form
- attempt to the best of his/her ability to pass and catch while moving forward
- identify and attempt three basketball passes; bounce, chest, one-arm push pass
- demonstrate dribbling forward, in a straight line (or close to straight)
- understand the general concept of "pin point" or seeing without looking directly at...
- engage and play in challenges such as "under-over" passing and dribbling relay races
- participate in the Partner Task Sheets (peer coaching) for Passing/Catching, Shooting, and Defensive Stance
- participate with a general understanding in Skill Stations; learning to work independently and move as a unit (rotate)

Fourth Grade students will:

All Kindergarten - Third Grade objectives plus:

- grasp the concept and participate in "personal best" challenges
- demonstrate basketball "wall work" including finger dribbles, wall passing
- understand when and how rebounding a basketball is used in the game
- demonstrate the general concept of rebounding; getting ready to jump & jumping
- attempt (how to start) to dribble two basketballs; two-ball dribbling challenge
- understand the concept of a Power Lay Up (quick stop, backboard shot)
- participate in score-keeping personal best shooting challenge - Hot Shot
- attempt to work with others in advancing the basketball "up the floor" with challenges such as Side-Center-Side (running in a straight line, passing, catching)
- engage in the Partner Task Sheets (peer coaching); Catching/Passing, Shooting, Rebounding, and Dribbling

Fifth Grade students will:

All Kindergarten - Fourth Grade objectives plus:

- grasp an understanding of "transition basketball" - going from Offense to Defense/Defense to Offense
- participate in challenges combining the stationary ball handling challenges to a drill (carry over); dribbling to shoot using the windshield wiper before shooting
- demonstrate to the best of their ability and shared teamwork with the Give & Go
- participate in large group basketball lead-ups such as Raptor, Superstar Drill (round robin play concept), and "We Got Next"
- demonstrate "Personal Best" accountability and personal competitiveness in the Fitness/Basketball Skill challenge - The 30 Second Series
- engage/complete the Partner Task Sheets (peer coaching); Catching/Passing, Shooting, Rebounding, Defense