

Basketball Musical Dots

Target: (Students) I can work on and use dribbling skills and speed.

Standards: Standard 1: Demonstrates competency in a variety of motor skills and movement patterns. Standard 2: Applies knowledge of concepts, principles, strategies and tactics related to movement and performance. Standard 4: Exhibits responsible personal and social behavior that respects self and others. Standard 5: Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Materials: Basketballs (one for each student), poly dots (one for each student), music source.

Procedure: Explain to students that today they will be working on dribbling skills that may increase that skill and raise their desire to play this sport outside of P.E. class in order to have a more active lifestyle and healthier life. Each student will get a ball. Have them notice that there are poly spots spread everywhere on the floor. Explain that while the music is playing, they are to be dribbling in constant motion from spot to spot. EXPLAIN THAT STAYING AT ONE SPOT IS BABYSITTING AND WILL RESULT IN DISQUALIFICATION. Just as in musical chairs, when the music stops, they DRIBBLE to an open spot. There will be one less spot that students. The student without a poly spot is eliminated from the game. This student can continue to work on dribbling skills or shooting. Teacher removes one or more spots and the game continues until time expires or until there is only one player remaining. Allow the winner to try any shot (or two) they desire from anywhere in the gym (including trick shots). Before beginning, explain specific grade level adaptations.

Performance Task: Students dribble basketballs to designated spots on the floor.

Success Criteria: Students control their dribble and body direction to get to a certain area.

Adaptations: Grade-level adaptations will vary as student skills vary by year etc. These are just options, adjust as you see fit or necessary for your class.

1st grade: allow students to dribble with either hand and do not penalize, but discourage, from using both hands.

2nd grade: allow students to dribble with either hand, if they dribble with both hands they are eliminated.

3rd grade: students dribble with designated hand and continue to dribble while on a poly spot.

4th grade: students dribble with designated hand and alternate hands while on poly spot.

All levels:

- Remove more than one poly for time saving
- Call girls or boys only for movement during music (also allows increased observation of smaller group)
- (Day 2 adaptation) After elimination, eliminated students dribble to any hoop. 1st student to make a basket returns to the game.
- Teacher calls out shuffling, hopping, skipping, walking, jogging or running to take place while dribbling during music.