### A. Lesson Context

**Rationale (relevance of lesson to unit):** Cardiovascular fitness is essential to one's overall health and wellness; using games incorporating cardiovascular activity that are fun for children to play will not only give them a good work out but will also associate positive feelings toward exercise. Students will work together to complete a task while utilizing cardiovascular exercise.

**Anticipated difficulties and how they will be addressed:** Students have various levels of fitness. Safety of students while performing certain exercises involved.

**Resources, Equipment and Materials:** 1 full gym, 3 basketball nets, 6 basketballs

### B. Learning Outcomes, CPI’s & Evidence of Learning

<table>
<thead>
<tr>
<th>Learning Outcomes (Objectives)</th>
<th>CPI #</th>
<th>Assessment Evidence</th>
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<tbody>
<tr>
<td><strong>Psychomotor:</strong> Students will be able to properly shoot a basketball and apply it to a game-like setting.</td>
<td>2.6.6.A.5</td>
<td>Teacher observation and recording</td>
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<tr>
<td><strong>Cognitive:</strong> Students will be able to identify at least 3 cues of shooting a basketball properly.</td>
<td>2.6.6.A.2</td>
<td>Closure Sheet</td>
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<tr>
<td><strong>Affective:</strong> Students will enjoy a fun game that will incorporate cardiovascular fitness, generating positive associations with it, while acquiring healthy competitive behavior and attitudes.</td>
<td>2.6.6.A.1</td>
<td>Teacher observation and recording; thumbs-up or thumbs-down poll.</td>
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### C. Detailed Lesson Description

<table>
<thead>
<tr>
<th>Timeline</th>
<th>Detailed Lesson Content, Procedures and Instructional Strategies</th>
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<tr>
<td>8 mins</td>
<td><strong>Introductory Activities:</strong> Warm up: 15 repetitions of each of the following: jumping jacks, toe touches, high knees, back kicks, front lunges, side lunges, forward backward jumps, side to side jumps, small arm circles, big arm circles, arm scissors side to side, arm scissors up and down. Explanation of activity (below).</td>
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<td>27 mins</td>
<td><strong>Instructional Core of Lesson:</strong></td>
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- Teach the cues of properly shooting a basketball as following:

1. Begin in an athletic stance with feet shoulder width apart
2. Place feet slightly staggered with dominant foot in front, knees bent, and toes pointed toward basket
3. Hold ball with dominant hand and place this arm with elbow bent at a 90 degree angle, with the non-dominant hand on the side of the ball supporting it.
4. Line fingertips up with the seams in the ball and make sure there is a space between your palm and the ball
5. While beginning to shoot make sure the ball doesn't go behind your head or off to the side, with the dominant hand exerting the force and the non-dominant hand supporting the shot
6. While shooting, go from a stance with bended knees to straightening out the knees and making sure you do not lean forward as you shoot
7. Upon release of the ball, your fingertips should be the last thing to touch the ball, making sure there is backspin on it
8. After shot, arm should be straight and up, with shooting hand resembling the shape of a swan, with fingertips facing toward the basket
9. Try to shoot with the aim of an arch to go up and into the net without touching the rim

Set the students up into two groups; each group will be playing a game of knock-out. The activity will begin with a single file line with the first two players holding a ball, standing behind the free-throw line. The first player will shoot, once they have gotten their shot off the player behind them may shoot. If the first shooter makes a basket before the second, they hand the ball to the next person in line. If the second shooter makes a basket before the first, the first shooter is out from that game; the balls are then handed to the next two players in line and play resumes. When eliminated from the game, that student runs over to the 3rd net which will start empty, and another game will begin. When someone from the 3rd net is eliminated, they will move onto the last net they have not yet played on. The order of players can never change during the game and the goal of the game is to stay at one net as long as you can. No lay-ups allowed! Only planted-foot shots are to be used, not jump shots.

**3 mins**  **Culminating Activity:** Have students split into the 3 groups and each take turns taking one shot for 3 minutes and count how many shots they make in the group as
a whole.

7 mins  **Closure:** Cool down: have students perform static stretches, holding each stretch for 15 seconds, such as toe touches, quad-stretch (holding ankle), stretching arms, etc. Ask students to give a thumbs up if they enjoyed the activity and would want to do it again or a thumbs down to show if they did not enjoy the activity and would not want to repeat it, record responses. Have students fill out the closure sheet.

D. Reflection

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<th><strong>Student Outcomes:</strong> Describe degree to which students met each learning outcome:</th>
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| **Teacher Effectiveness:** What went well? What needs work? What unit modifications are necessary? |  |

APPENDICES (Insert or attach additional lesson documents, e.g., handouts, PowerPoints, worksheets, assessment tools, etc.)

See: Closure Sheet
Closure Sheet

Name: __________________________

List 3 cues of shooting a basketball:

1. _______________________________________________________________________
   _______________________________________________________________________
   _______________________________________________________________________
   _______________________________________________________________________

2. _______________________________________________________________________
   _______________________________________________________________________
   _______________________________________________________________________
   _______________________________________________________________________

3. _______________________________________________________________________
   _______________________________________________________________________
   _______________________________________________________________________
   _______________________________________________________________________