

Bachelor of Education (Elementary) & Bachelor of Education (Secondary) STEM Lesson Plan

Lesson Title: Basketball Shooting Skills Lesson # 4 & 5 Date: March 6
 Name: Mengyuan Wang Subject: PE Grade(s): 8 & 9

Rationale:

The focus of this lesson is to develop basketball shooting skills through hands-on practice, guided drills, and game-like scenarios. Shooting is one of the fundamental skills in basketball, and understanding its techniques will help students gain confidence, improve hand-eye coordination, and enhance their teamwork abilities. This lesson also emphasizes the importance of physical fitness and personal growth while creating an inclusive environment where all students feel empowered.

Core Competencies:

Communication	Thinking	Personal & Social
Students will use professional vocabulary to communicate with their peers during training and practice teamwork.	Students will analyze their form and technique during drills, reflecting on what works and what needs improvement.	Personal awareness and responsibility about sport safety

Big Ideas (Understand)

Daily participation in different types of physical activity influences our physical literacy and personal health and fitness goals.

Learning Standards

(DO)	(KNOW)
Learning Standards - Curricular Competencies	Learning Standards - Content
Develop, refine, and apply fundamental movement skills in a variety of physical activities and environments	proper technique for fundamental movement skills, including non-locomotor, locomotor, and manipulative skills

Instructional Objectives & Assessment

Instructional Objectives (students will be able to...)	Assessment
<ul style="list-style-type: none"> Students will demonstrate proper shooting form Students will improve their shooting accuracy through repetitive practice. 	<ul style="list-style-type: none"> Formative Assessment: Teacher will observe students during drills, providing feedback on form and technique.

Prerequisite Concepts and Skills:

N/A

Indigenous Connections/ First Peoples Principles of Learning:

- Learning is holistic, reflexive, experiential, and relational:** In basketball, the focus is not only on the physical skills but also on relationships with others. Indigenous teachings often emphasize

the importance of balance and connection between mind, body, and spirit, which aligns with developing physical skills and teamwork.

Universal Design for Learning (UDL):

Engagement - Provide students with multiple ways to engage in the lesson (e.e. Demo and hands-on practice)

Representation - Offer verbal, and physical demonstrations of shooting techniques to ensure all learners can understand the content.

Expression - Allow students to practice in a variety of formats (individual practice, peer work, and group games) to demonstrate their learning in different ways.

Differentiate Instruction (DI):

For students who may struggle with the physical aspect of shooting: Provide modifications like closer shooting ranges, smaller balls, or using a wall to practice hand placement.

Materials and Resources

8 Basketballs
Speaker(play some background music)
Whistle
Cones

Lesson Activities:

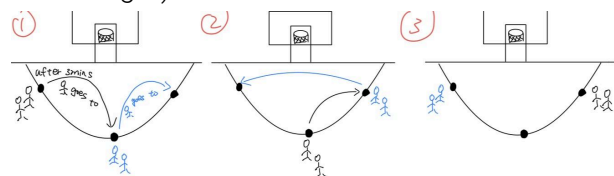
Teacher Activities	Student Activities	Time
<p>Introduction (anticipatory set – “HOOK”):</p> <p>9:30</p> <ol style="list-style-type: none"> 1) Land Acknowledgement about the first nation people, class expectations and attendance 2) Free time: Choose any equipment we provide to play <p>-Review of concepts:</p> <p>First Block:</p> <ul style="list-style-type: none"> • Warmup Routine (Static,Dynamic & Burnout) • Water time • Review Dribbling • Demo Shooting • Practice Drill 1:Using one hand to shoot • Practice Drill 2: Using two hands to shoot <p>Second Block:</p> <ul style="list-style-type: none"> • Practice Drill 3: Practicing shooting skills from different sides with closer distance 	<p>Students listening</p> <p>Students Choose any equipment that they want to play with from the equipment we provide.</p>	<p>5 mins</p> <p>25 mins</p>

<ul style="list-style-type: none"> Practice Drill 4: Practicing shooting skills from different sides with longer distance(two steps farther than Drill 3) Practice Drill 5: Practicing shooting skills from different sides with longer distance(two steps farther than Drill 4) Knockout Activity Cool Down(Stretch Time) Conclusion 		
<p>First Block:</p> <p>10:00 - warm up</p> <ul style="list-style-type: none"> Static: <ul style="list-style-type: none"> Walking Arm Circles Walking Toe Touch Walking Lunge w/ Torso Twist Inch Worms Dynamic: Modes of Transport + Exercise in the center <ul style="list-style-type: none"> Running high knees + 10* Star Jumps Butt kickers + 10* Push Up Lateral Shuffle + 5* Burpees Side Jump + 10* Jumping Lunges Back pedal + 15* Swimmers Burnout <ul style="list-style-type: none"> Everyone is running on their tiptoes Nice & low stance(Bend your knees, lower ur back) <ol style="list-style-type: none"> Turn (Jump a circle) Drop (Push up plank) Drop*2 (On belly) Up (From belly go into push up plank) Up*2 (Back to running on their tiptoes) Core (Lie on the ground with your hands behind your head, bend your knees) Left(Left knee to right elbow) Right(Right knee to left elbow) <p>10:20 - Water Time</p> <p>10:25 - Review Dribbling: Bend your knees, use figure tips to push the ball to the ground, not palm.</p>	<ul style="list-style-type: none"> Following the teacher demo do the warmup routine Drinking water and rest 	<p>20 mins</p> <p>5 mins</p>

Second Block:

10:55 - Group Practice (3 minutes for each side, 9 mins for each drill) - about 30 mins

- Using two nets, 4 groups, 4-5 students in each group
- Students shoot one by one until time is up
- Other partners support and help on the side(be positive to support and help each other)
- Two groups on each net, from left to right)



10:58 Drill 3: Close to the basketball net- 3 steps away (include from left side of the basket, front and right)

11:07 Drill 4: Change distance: Start from 2 steps away from Drill 3. Do the same thing as Drill 3(left, front, right).

11:16 Drill 5: Change distance: Start from 2 steps away from Drill 4. Do the same thing as Drill 3(left, front, right).

11:25 - Knockout Activity (20 minutes)

- Separate students in two teams
- To start the game, all of the students line up single file behind the free throw line, the first two people in the line, each get a basketball.
- The goal of the game is for the second player to make a basket before the first person in front of them.
- The first player steps up to the free throw line and shoots the basketball. The second player can step up to the free throw line to take their shot as soon as the ball leaves the hands of the first player.
- If the first player makes the first shot, they rebound their ball and go to the back of the line. If they miss the first shot, they rebound their own ball and

- Listening and following the instruction

3 mins

- Practicing their shooting skill from different sides and closer distance

9 mins

- Practicing their shooting skill from different sides and longer distance

9 mins

- Practicing their shooting skill from different sides and longer distance

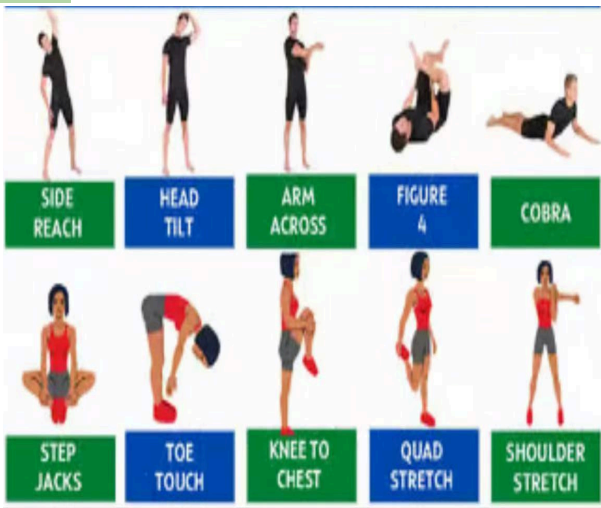
9 mins

- Listening and following the instruction

5 mins

- Playing the knockout game while practicing their shooting skills

15 mins

<p>shoot from wherever they'd like on the court until they finally make a shot.</p> <ul style="list-style-type: none"> Both players are trying to be the first to make a basket. If the first player makes their basket first, they pass their ball to the next person in line, and go to the end of the line. The second player keeps shooting, and the third player steps up to take their shot. If the second player makes their basket before their first player. The first player in line is knocked out of the game. Both players pass their ball to the front of the line, and the second player goes to the end of the line to continue playing, players continue cycling through as many as necessary until there's only one player left. The last player standing wins the game. <p>If the team ends really quickly, they can start another round.</p> <p>11:55 - Cool Down Stretches - 5 mins</p> 	<ul style="list-style-type: none"> Following the teacher demo do the stretch 	<p>5 mins</p>
<p>12:00 - Wrap-up</p> <ul style="list-style-type: none"> What we learned today Everyone's performance today Things that we need to improve on What we are going to do tomorrow <p>Dismiss at 12:05, students go change</p>	<ul style="list-style-type: none"> Listening and answering the questions Going change 	<p>5 mins</p> <p>5 mins</p>

Organizational Strategies:

Divide the class into smaller groups (4-5 students per group) for manageable instruction and practice.

Proactive, Positive Classroom Learning Environment Strategies:

Clear expectations: Set clear rules for safe play and respectful communication.

Positive reinforcement: Celebrate effort, improvement, and teamwork through verbal praise and encouragement.

Supportive environment: Emphasize that making mistakes is part of the learning process. Encourage students to help one another.

Extensions:

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Reflections (if necessary, continue on separate sheet):

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