**High School Course II Pacing Guide**

**Resources:**

[**www.sparkfamily.org**](http://www.sparkfamily.org) **/ High School PE/ Basketball**

***BASKETBALL***

***Focus Points:***

1. Students will know why and how to deny opponents an easy shot.
2. Students will know how violations and fouls that can occur with a defense in place.
3. Students will know why it is important to set up a screen and how to do it.
4. Students will know why it is important to box out and how to do it.
5. Students will know how to work as a team unit.
6. Students will know what it means to be evasive and why this is important.

***Skills:***

1. Dribble
2. Pivot
3. Stance (defensive and offensive)
4. Shooting (layup, outside shot, foul shot, jump shot)
5. Passing (bounce, chest, overhead, one-arm pass)
6. Defending (positioning, backpedaling, anticipation)
7. Rebounding (jumping to catch, positioning, boxing out)
8. Screen
9. Defense: Player/Player and Zone
10. Inbounds Plays
11. Basic Offensive Strategies (move to open space, pass and go)
12. Box Out

***History:***

1. The game was created in 1891 by Dr. James Naismith of Springfield College, Massachusetts.
2. In the beginning, a peach basket was used as the hoop.

***Strategies:***

1. Learning the importance of teamwork and accepting differences.
2. Man-on-man defense- player takes responsibility for covering one opponent
3. Zone defense- player takes responsibility for covering an area

***Assessment:***

1. Performance rubric
2. Peer Checklist
3. Written quiz

***Vocabulary:*** Review the components of skill-related fitness.

1. **Agility** – ability to change your body position quickly and to control your body’s movements.
2. **Balance** – An even distribution of weight enabling someone or something to remain upright and steady.
3. **Coordination** – ability to use your senses together with your body parts.
4. **Explosive power** – A quick muscular effort resulting in speed and/or power for a short period of time. Examples include tee shot, batting, tennis serve, basketball rebound, football tackle, etc.
5. **Power** – ability to use strength quickly. Areas most likely to improve with repeated effort.
6. **Reaction time** – amount of time it takes you to move once you realize the need to act.
7. **Speed** – ability to perform a movement or cover a distance in a short period of time.

Review the principles of biomechanics.

1. **Force –** A push or a pull applied to an object or person, measured in pounds or newtons.
2. **Inertia –** The tendency of a body at rest to remain at rest or of a body in straight line motion to stay in motion in a straight line unless acted on by an outside force.
3. **Leverage –** 1. a. The action of a lever. b. The mechanical advantage of a lever. 2. Positional advantage; power to act effectively
4. **Opposition -** The use of body parts on opposite sides of body to increase force and power.
5. **Rotary Motion –** The act of rotating as if on an axis; "the rotation of the dancer kept time with the music".