

Year at a Glance

BASKETBALL 2

Course #1503315

2023-2024 School Year



COURSE DESCRIPTION:

The purpose of this course is to provide more in-depth instruction of the fundamental skills, tactics, rules and etiquette in basketball. Introduction to systems of play will be included to enhance the student's understanding. Advanced skills and drills which directly affect student's physical and cognitive abilities will be covered. Students will participate in advanced individual and team techniques in relationship to basketball strategy. Participate in course activities will continue to enhance healthy behaviors that influence students to participate in physical activities throughout their life.

Content could include but not be limited to:

- fundamental basketball skills (passing, dribbling, shooting, rebounding, and defense).
- instruction in principles of motion
- basketball history
- rules and terminology
- offensive strategies (motion offense, spacing, screening, pick and roll)
- man-to-man defense (positioning, fighting screens, taking charges, help)
- zone defenses (1-2-2, 2-1-2, 2-3, Box and 1, Diamond and 1)

STANARDS:

PE.912.C.2.20 Identify appropriate methods to resolve physical conflict.

PE.912.C.2.21 Diagram, explain and justify the use of advanced offensive, defensive and transition strategies and tactics.

PE.912.C.2.22 Explain the skill-related components of fitness and how they enhance performance levels.

PE.912.C.2.23 Apply appropriate technology and analyze data to evaluate, monitor and/or improve performance.

PE.912.C.2.24 Analyze the mechanical principles as they apply to specific course activities.

PE.912.C.2.25 Analyze and evaluate the risks, safety procedures, rules and equipment associated with specific course activit...

PE.912.C.2.26 Evaluate skill patterns of self and/or partner by detecting and correcting mechanical errors.

PE.912.C.2.28 Interpret and apply the rules associated with specific course activities.

PE.912.L.3.4 Identify the in-school opportunities for participation in a variety of physical activities.

PE.912.L.3.5 Identify the community opportunities for participation in a variety of physical activities.

PE.912.L.3.6 Identify risks and safety factors that may affect physical activity throughout life.

PE.912.M.1.5 Apply strategies for self improvement based on individual strengths and needs.

PE.912.M.1.10 Apply sport specific skills in simulation and in real-life applications.

PE.912.M.1.15 Select and apply sport/activity specific warm-up and cool-down techniques.

PE.912.M.1.24 Apply a combination of complex movement patterns in a game setting.

PE.912.M.1.25 Apply appropriate speed and generation of force when distance running, sprinting, throwing, jumping, striking ...

PE.912.M.1.26 Analyze and apply offensive, defensive and transition strategies and tactics to reflect a higher order of thin...

PE.912.M.1.30 Combine and apply movement patterns from simple to complex.

PE.912.M.1.31 Demonstrate advanced offensive, defensive and transition strategies and tactics.

PE.912.M.1.32 Apply sport specific skills in a variety of game settings.

PE.912.M.1.33 Practice complex motor activities in order to improve performance.

PE.912.M.1.34 Demonstrate use of the mechanical principles as they apply to specific course activities.

PE.912.M.1.35 Select proper equipment and apply all appropriate safety procedures necessary for participation.

PE.912.R.5.2 Develop strategies for including persons of diverse backgrounds and abilities while participating in a variety...

PE.912.R.5.3 Demonstrate sportsmanship during game situations.

PE.912.R.5.4 Maintain appropriate personal, social and ethical behavior while participating in a variety of physical activi...

PE.912.R.5.5 Demonstrate appropriate etiquette, care of equipment, respect for facilities and safe behaviors while particip...

PE.912.R.6.3 Analyze the roles of games, sports and/or physical activities in other cultures.