



# Physical Activity Lesson Plan-Basketball Shooting Relay

By IAN on 01/07/2020

Organization: Indiana Afterschool Network

## Lesson Summary

### Lesson Description:

Practice shooting a basketball and then do the game, "Shooting Relays."

**Group Size:** 20-30

**Location:** Gym

**Estimate Time for Lesson:** 30 minutes

**Estimated Time for Planning:** 15 minutes

- Subject(s) Check all that apply:
  - Healthy Eating and Physical Activity (HEPA)

### Other:

- Grade(s) Check all that apply:
  - Kindergarten
  - 1
  - 2
  - 3
  - 4
  - 5

### Materials/Resources Needed:

Poly Spots (as many as you have, or anything that is fairly small and can be used to mark a spot on the floor.)

5-10 Basketballs

Cones (1/team)

### Lesson Objective #1:

Students encourage and support team mates during the game.

### Lesson Objective #2:

Demonstrates ability to shoot the basketball and follow directions.

### Lesson Objective #3:

## Lesson Procedure

### Introduction/Attention Grabber:

Have 1 or 2 teachers shoot the basketball into the goal, or at least try :)

Tell students to get excited because they are about to have a basketball shooting competition!

**Instructions:**

## SET-UP:

1. Place Poly Spots all over the floor in front of the goal.
2. Place a cone for each team on the half-court line. This will be their starting point. I would have 4-5 students on each team.

## RULES:

1. On go, one student from each line will go pick a poly spot, stand on it, and shoot from that spot.
2. If they make the basket, pick up the poly spot, get their ball, and walk back to their line.
3. Place the poly spot beside your cone, give the ball to the next person in line and go to the back of the line.
4. Continue until all poly spots are picked up or time is up.

\*\*You can also add other equipment worth different points. (Ex. poly spots=1 point, low-profile cones=2, hula hoop=3. I would place the items worth more points, farther away from the basket.

## SAFETY:

Safety is important. Encourage students to watch for basketballs as they approach the shooting area. Students should walk to and from the shooting area so they do not run into anyone.

**Checking for Understanding:**

Observe to make sure students follow rules and are being safe.

## Lesson Adaptations

**Time Adaptations:**

Add more or less point pieces depending on how long or short you need to play.

**Location Adaptations:**

This works best in the gym. It can also be played on outside courts with basketball goals.

If no basketball goals, you could play it using different balls (like dodgeballs) into several trash cans placed by the end line.

**Age Adaptations:**

K-2: Use smaller balls, like dodgeballs. You can also hang a hula hoop from the basketball goal, duct tape another hoop hanging down from the first hoop, and this gives the younger kids options as to which hoop/real basketball goal they decide to shoot it through. If they are not strong enough to shoot into the real goal, they can still be successful with this method.

3-5: Give them a variety of distances and points that they can earn.

## Learning Style Adaptations

**Describe any adaptations for Visual Learners, Auditory Learners, Kinesthetic Learners, Advanced Learners, Special Needs Learners, ESL Students, At-Risk Students:**