



## Physical Activity Lesson Plan-Basketball Stations

By IAN on 01/07/2020

Organization: Indiana Afterschool Network

### Lesson Summary

#### Lesson Description:

Basketball stations designed to help students practice basketball skills and have fun!

**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:

8-12 Basketballs (Can use dodgeballs or kickballs for younger students).

5-7 Cones

Poly spots

#### Lesson Objective #1:

To practice basketball skills: passing, shooting, dribbling.

#### Lesson Objective #2:

To work with partners and other students to improve skills.

#### Lesson Objective #3:

### Lesson Procedure

#### Introduction/Attention Grabber:

Explain they will be rotating through 4 stations to help them work on their basketball skills.

#### Instructions:

SET-UP and RULES:

1. Set-up 4 stations.

1-Dribbling: Place 4 or 5 cones in a line with some space between each one. Students will get in a single-file line and dribble in and out of each of the cones. They can also practice dribbling with their right and left hand, between the legs, figure 8, etc.

2-Passing: Place poly spots on the floor, one across from the other. This is where they should stand as they practice a bounce pass, chest pass, and overhead pass.

3-Shooting: Do shooting in 2 stations. The first shooting station can be a free-shooting station. The second station: Place poly spots (or small cones) on the floor in locations where you want them to shoot from.

2. Demonstrate each station before they start. You can put up signs with pictures and words describing the station activities.

3. Allow students to be at a station for around 5-7 minutes, and then rotate. Students should go to all 4 stations.

### **Checking for Understanding:**

Observe students basketball skills and cooperation at their station.

## **Lesson Adaptations**

### **Time Adaptations:**

Increase or decrease the length of time at each station.

Another option: Give students less time at each station, but go to each station twice. That will allow for kids to stay more focused and to continue to be excited about each station.

### **Location Adaptations:**

### **Age Adaptations:**

K-2: Place a hula hoop around the goal, then duct tape another hoop to the one hanging down. This will give the younger students who can't get the ball to the main goal, a chance to be successful.

## **Learning Style Adaptations**

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