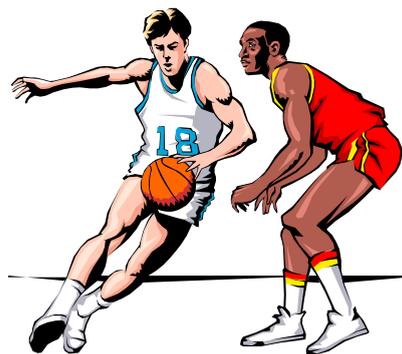


# Basketball



## Lesson Plan 1

**Topic of the lesson:** Basketball

**Didactic perspective/ problem:** Basketball in a FL

**Learning targets:** the pupils should:

- get to know bilingual sports lessons
- acquire basketball specific vocabulary
- be able to comprehend and carry out simple exercises presented to them in English by means of a programmed instruction
- be able to explain these exercises to their class-mates in English

<b>Time</b>	<b>Teaching phase</b>	<b>Contents/ Comment</b>
5´	Introduction / Welcome	Organization Overview over the lesson`s contents
10´	Warm-up	Game: "chain catching"
5´	Stretching	Stretching of calves, thighs, shoulders and hands
15´	Acquisition	In groups of 4 (5) the pupils are asked to comprehend and try out simple exercises
25´	Presentation of group work	Each group presents it`s exercise in the FL in class, the whole class carries out every exercise explained to them
5´	Summary / Reflexion	Evaluation Discussion of problems

## Lesson Plan 2

**Topic of the lesson:** Basketball

**Didactic perspective / problem:**

- Introduction of basketball in English
- Technical terms / Vocabulary
- Discussion of basic tactics in English

**Learning targets:** the pupils should:

- get to know basketball specific vocabulary in English
- be able to define simple technical terms
- be able to discuss basic basketball specific tactics

<b>Time</b>	<b>Teaching phase</b>	<b>Contents/ Comment</b>
5'	Motivating starter	Brainstorming: Which basketball specific terms do you know in English?
10'	Acquisition I	Assignment of new words to pictures Pair work
15'	Acquisition II	Assignment of definitions to new vocabulary Pupils question their classmates
10'	Application	Discussion of basic 2:1 tactics
5'	Summary	Preparation for the following sports lesson

## Lesson Plan 3

Topic of the lesson: Basketball

Didactic perspective / problem: - combination of language work and physical activity  
- use the opportunity of "natural communication"

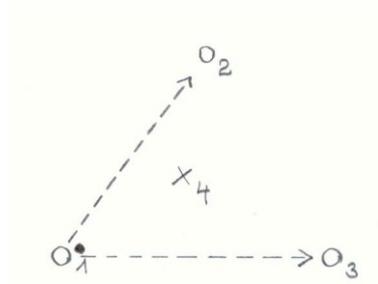
Learning targets: the pupils should:  
- try to explain stretching exercises (with the help of teachers)  
- employ tactical knowledge when playing 2:2 (and 4:4)  
- be able to define basketball specific vocabulary  
- get used to employ the English language in sports lessons

Time	Teaching phase	Contents / Comment
5`	Introduction / Welcome	Overview over the lesson`s contents
10`	Warm-up	Games: 1. "tail- catching" 2. dribbling game
5`	Stretching	Stretching exercises explained by the pupils.
10`	Application I	2:2 with changing opponents (rotation) / use of tactical knowledge
5`	Reflexion	Evaluation / Comparison with 2:1 tactics Introduction of the following "tournament"
10`	Application II.1 (tournament)	Match: 4:4 (5:5) / 4 teams on 2 courts
5`	Revision (tournament)	Team-game: defining vocabulary (collect points)
10`	Application II.2 (tournament)	Match: 4:4 (5:5) / winner: winner and loser:loser
5`	Reflexion / Goodbye	Presentation ceremony

## Activities for Lesson 1

## Team 1: „Piggy“ (a pass-and-catch-game)

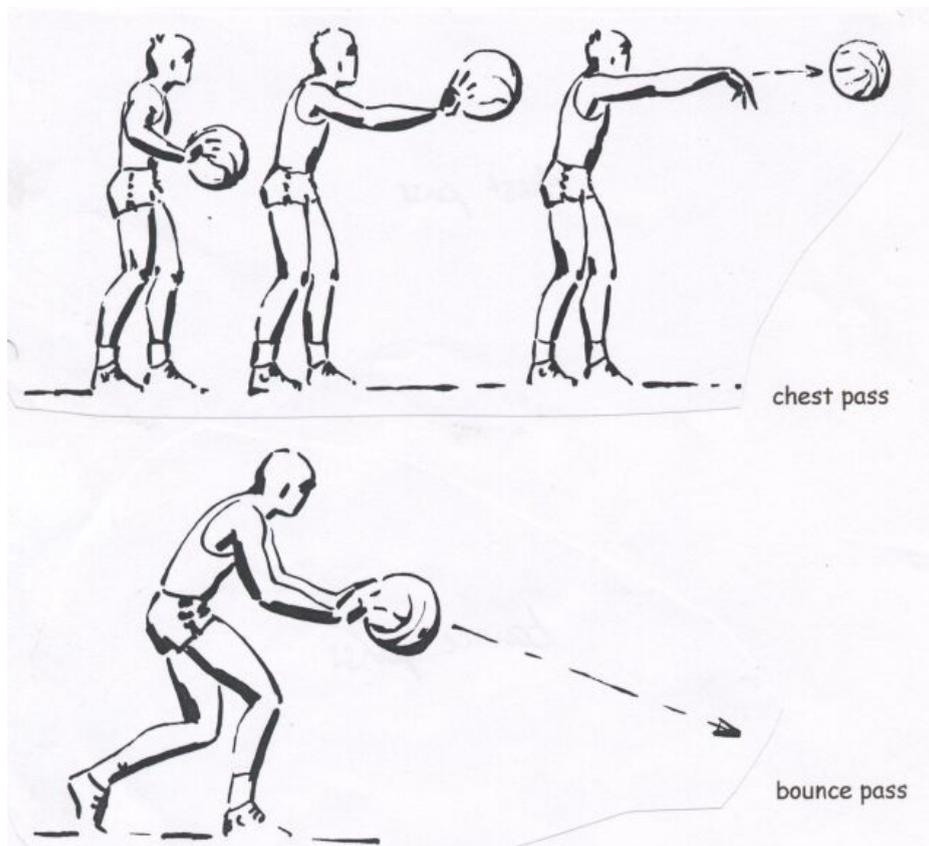
You need: 4 players  
1 basketball



Three of you form a triangle like this:

The fourth player is in the middle of the triangle. He / She is "Piggy". While the three of you pass the ball round, "Piggy" tries to touch it. If "Piggy" manages to touch it the the one who passed it is the new "Piggy".

**Rules:** 1. No passes higher than 2 metres are allowed, otherwise you'll be "Piggy"!  
2. Use chest and bounce passes!

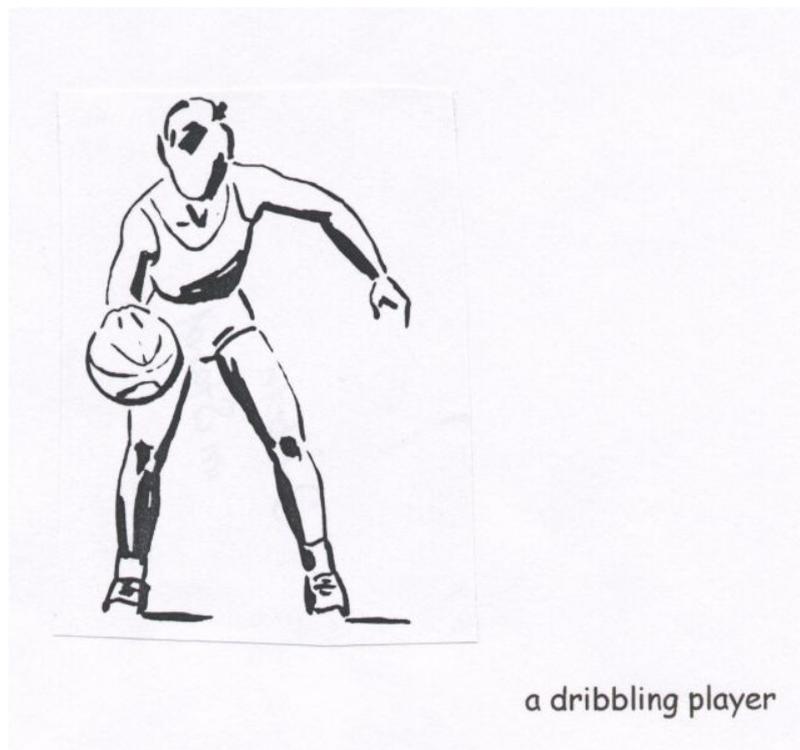


## Team 2: "Mirror-Dribbling"

You need: pairs of 2 players  
4 (2) basketballs/volleyballs

Go together in pairs of two pupils. Face your partner and imagine there is a mirror standing between you. Now choose one of each pair as a leader. The leader starts dribbling backwards, forward, sideways, high & low, turns round dribbling, etc. The partner tries to dribble like the leader's mirror image. If there are not enough basketballs you might use volleyballs instead or you do "air-dribbling" as a leader (you just pretend to be dribbling).

**Rules:** 1. Change your dribbling hand several times!  
2. Change roles after 90 seconds!

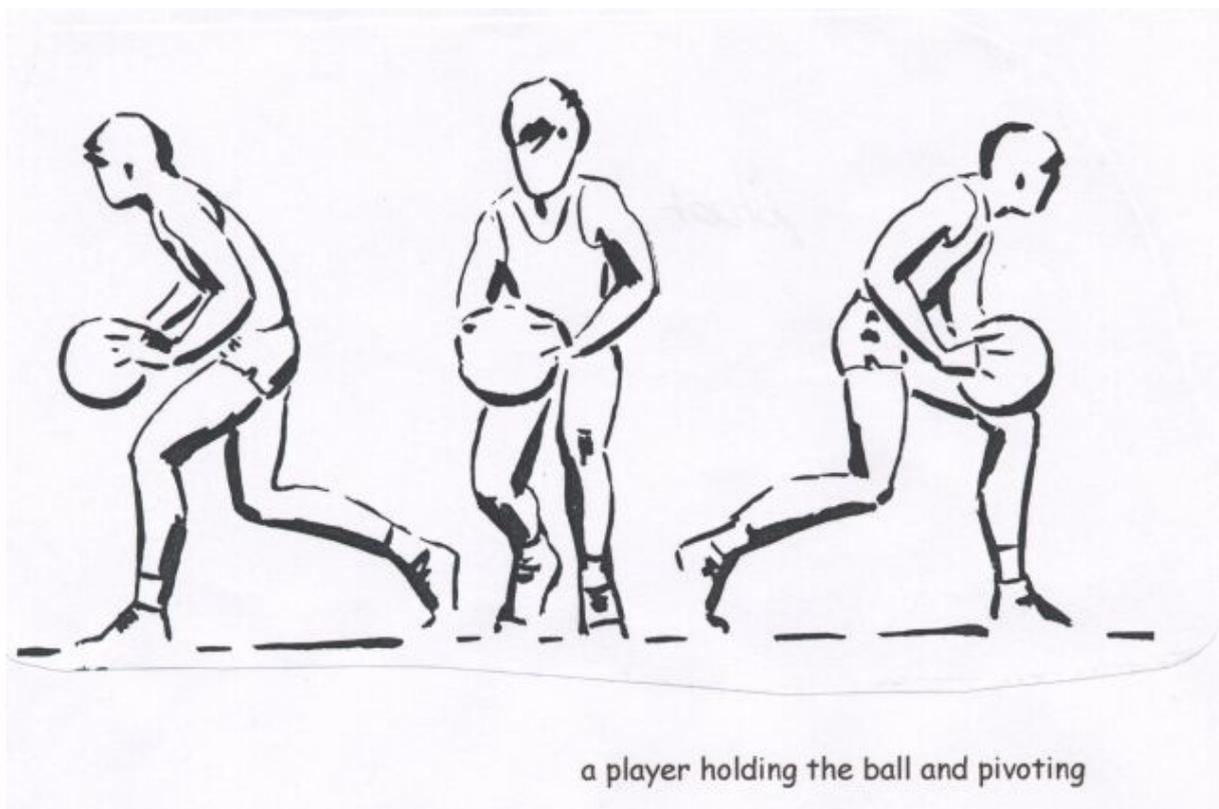


## Team 3: "Pivot"

You need: pairs of 2 players  
2 basketballs  
a wall

Working in pairs, you stand next to your partner facing the wall. One partner passes the ball against the wall. The other one catches it, pivots on his left or right foot (360° = a whole circle) and passes the ball back against the wall. Now it's the other one's turn to do a pivot and pass the ball back ...  
Do as many pivots as you can!

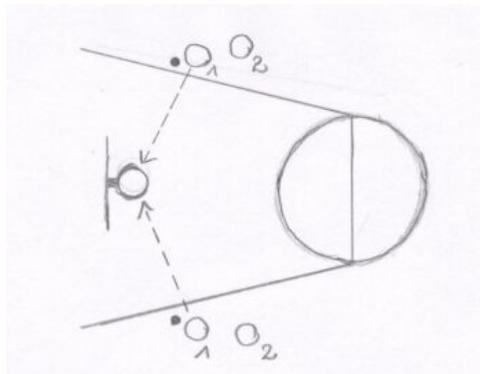
**Rule:** Remember to keep your pivot foot in contact with the floor!



## Team 4: "Set shot"

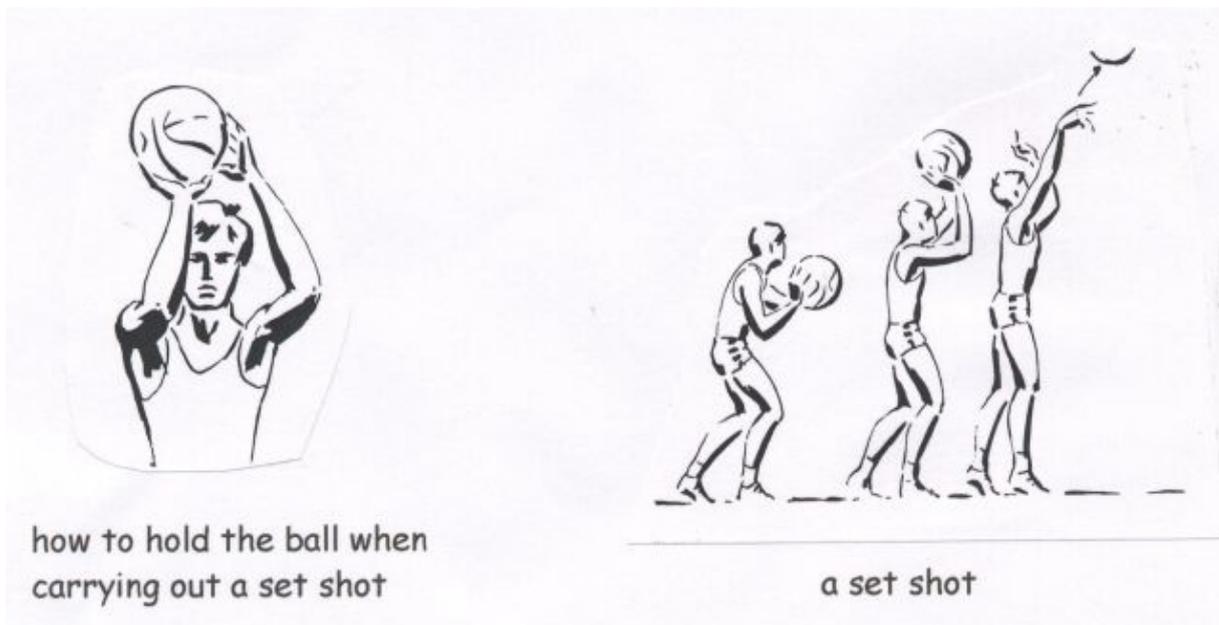
You need: pairs of 2 players  
2 basketballs  
1 basket

You work in pairs. Each team stands about three metres away from the basket (left and right) like this:



Player 1 of each pair starts shooting, catches the rebound, passes back to player 2 and runs back to the starting position (behind player 2). Now player two shoots and goes on equally. Count the number of baskets you scored! Which pair scores most?

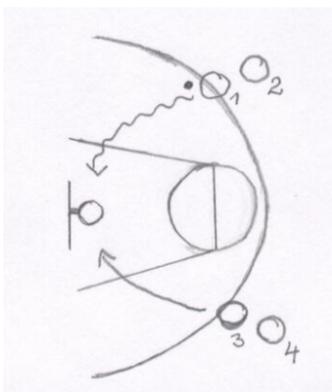
**Rules:** 1. Try to do a correct set shot as shown on the pictures beneath!  
2. Do not throw away the ball of the other team!



## Team 5: "lay-up"

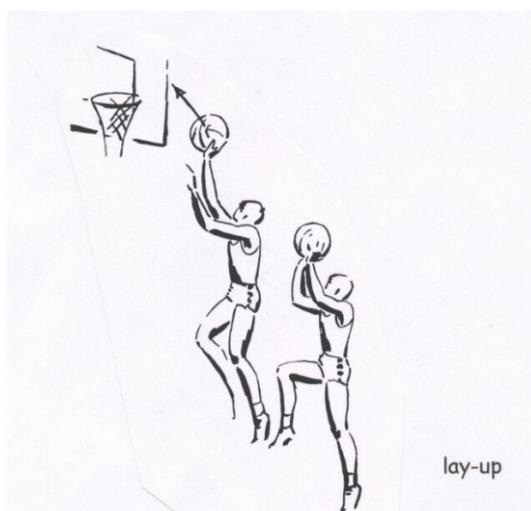
You need: at least 4 players  
1 basketball  
1 basket

At a distance of about 6 metres from the basket you take the following positions:



Player 1 has got the ball. He / She starts dribbling to the basket and makes a lay-up. At the same time player 3 runs to the basket. Catches the rebound of player 1 and passes the ball to player 2. Both players change sides afterwards, so that player 1 takes position behind player 4 and player 3 behind player 2. Go on making lay-ups and catching rebounds and count the number of baskets you scored!

**Rules:** 1. Remember not to go more than two steps after having stopped dribbling!  
2. Do lay-ups from both sides of the basket (left and right)!

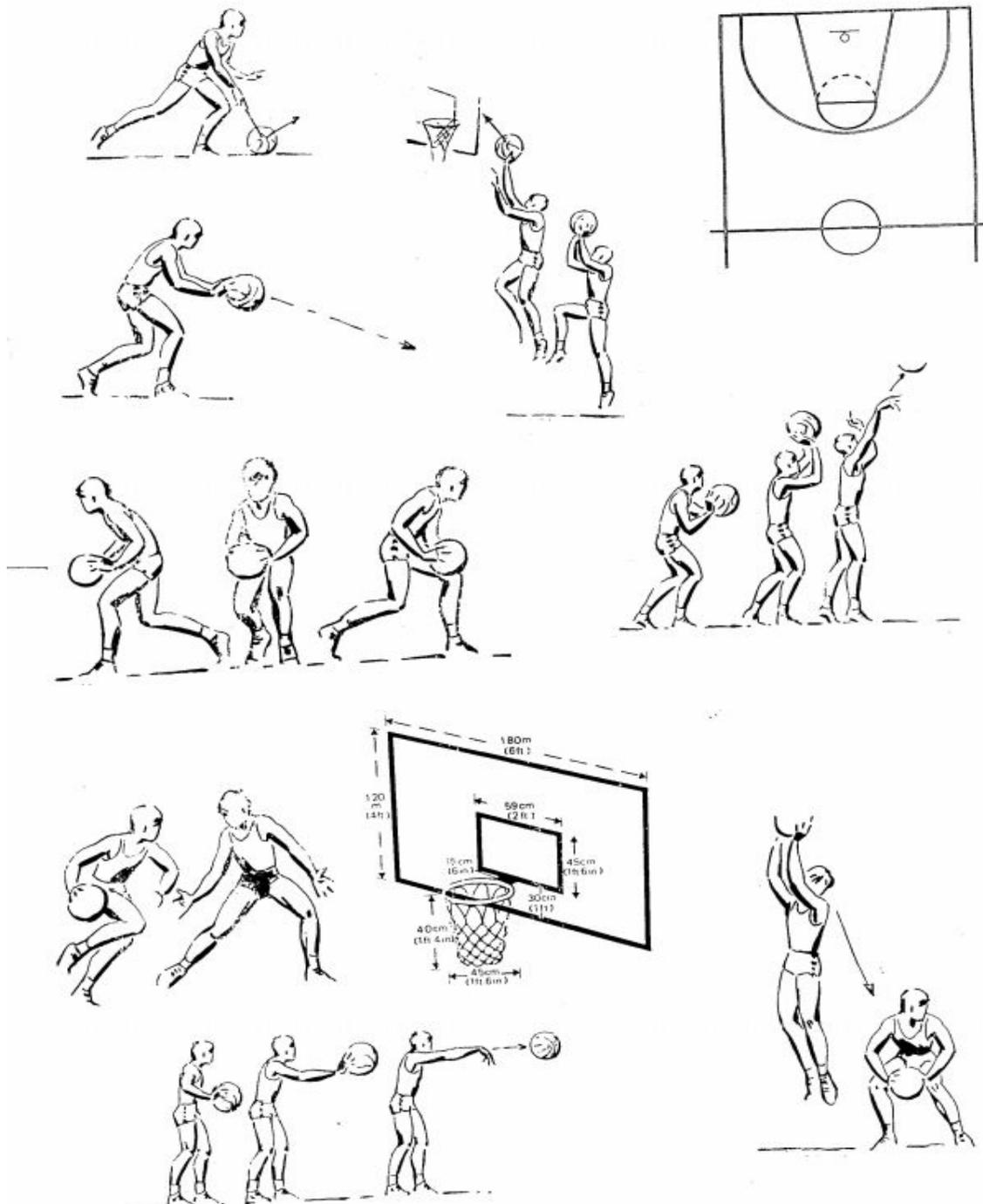


## Activities for Lesson 2

## Assignment of new words to pictures

Words are to be cut out and assigned to various pictures

set shot - pivot - chest pass - bounce pass - lay-up -  
basket - backboard - dribbling - rebound - offensive  
player - defensive player - court - free throw



## Definitions

The action of taking the ball as it bounces from the backboard or ring of the basket usually after a missed shot. \_\_\_\_\_

The ring together with the white cord net through which the ball must pass to score a goal. A goal is usually referred to as a basket. \_\_\_\_\_

A flat, white or transparent board to which the basket is attached at each end of the court. \_\_\_\_\_

The normal use of it is to progress while bouncing the ball using one hand only although the controlling hand may be changed. \_\_\_\_\_

It takes place when a player who is holding the ball steps once or more than once in any direction with the same foot, the other foot being kept in contact with the floor.  
\_\_\_\_\_

It refers to a player of the team that has possession of the ball.  
\_\_\_\_\_

This term refers to a player of the team that is not in possession of the ball.  
\_\_\_\_\_

A two-handed distance shot (one hand underneath and one hand at the side of the ball)  
\_\_\_\_\_

The playing area \_\_\_\_\_

A one-handed shot from under the basket. The simplest and easiest scoring shot.  
\_\_\_\_\_

A two-handed straight pass played at the height of the chest.  
\_\_\_\_\_

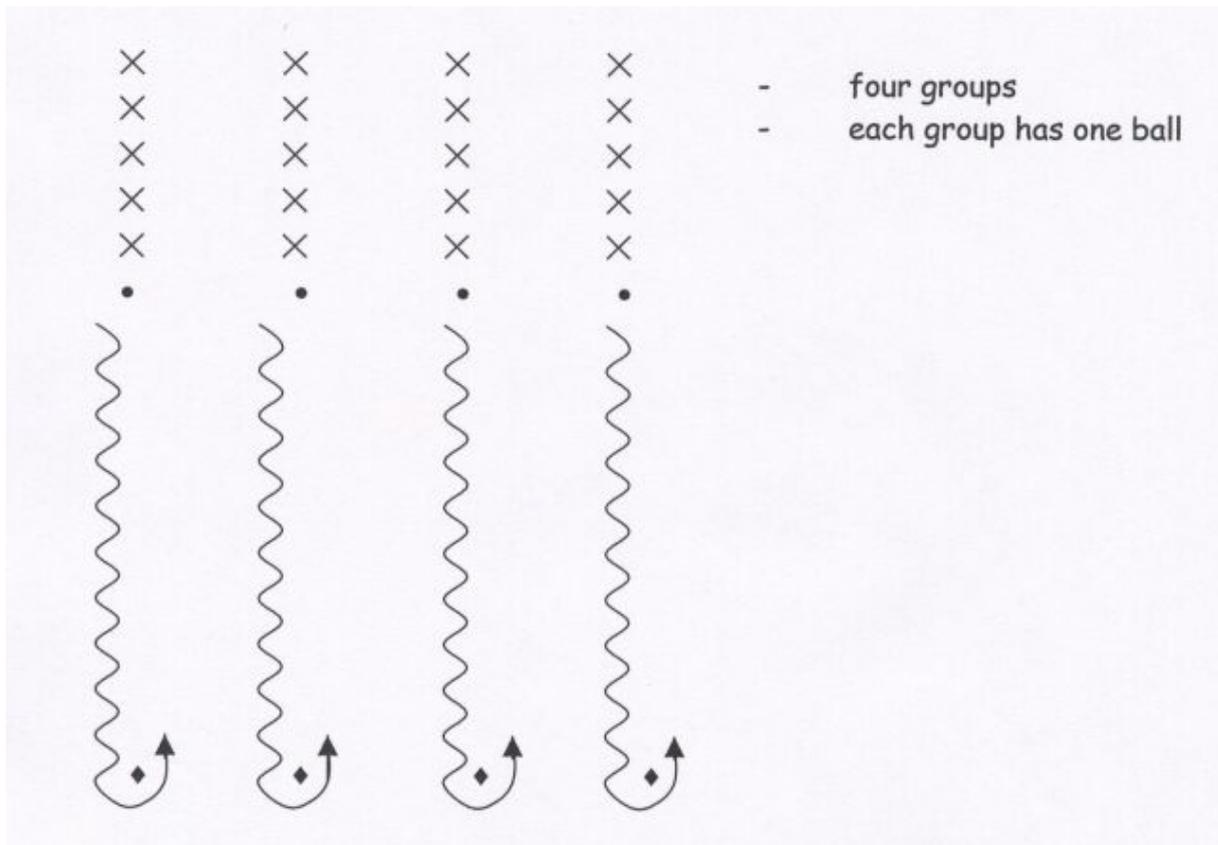
A two handed pass that bounces on the floor before it is caught by a player.  
\_\_\_\_\_

Penalty shots worth one point each. \_\_\_\_\_

**Task:** Look at the new vocabulary and the pictures and try to find the matching definition for each new word!

## Activities for Lesson 3

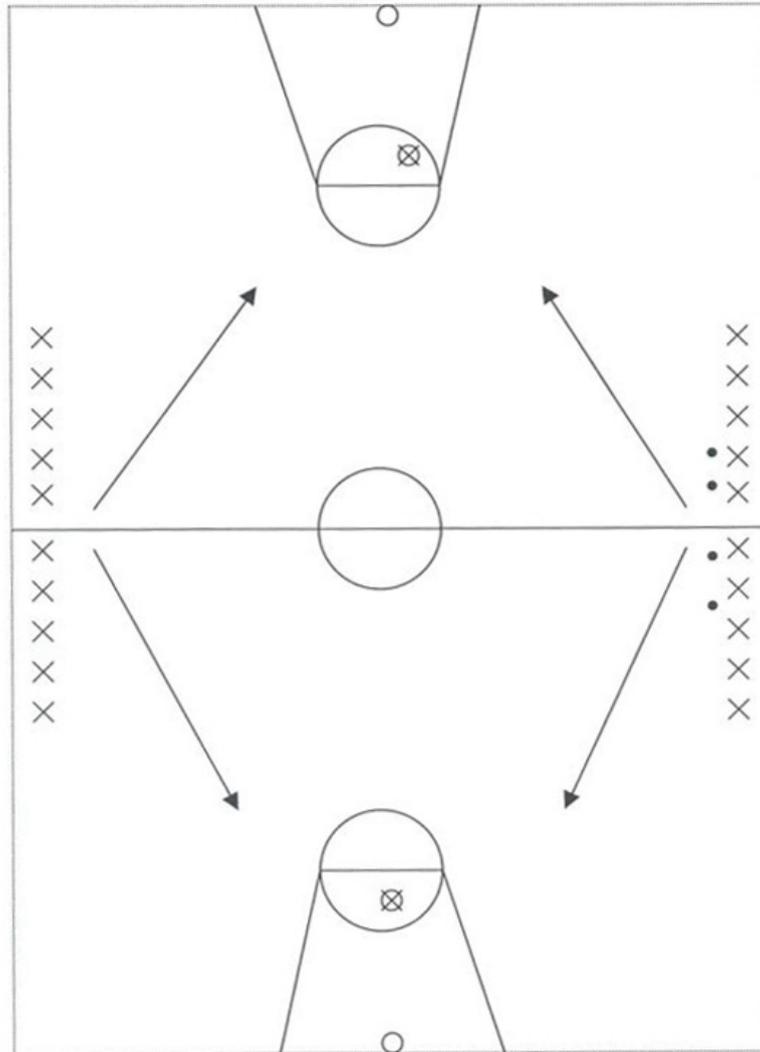
## Warm-up game



They always have to run around the obstacle!

1. Dribble the ball with the right hand!
2. Dribble the ball with the left hand!
3. Dribble the right and the left hand alternate!

## Exercise



- × Offensive player
- ⊗ Defensive player
- Ball

- Two offensive players have to try to make a basket against the nearly passive defensive player
- The offensive player, who touched the ball at last, is going to be the defensive player
- The other one and the defensive player have to queue in again

# The Yellow Team

<u>Match No. 1</u>	
<u>Match No. 2</u>	
<u>Vocabulary Game</u>	
<u>Total</u>	

# The Green Team

<u>Match No. 1</u>	
<u>Match No. 2</u>	
<u>Vocabulary Game</u>	
<u>Total</u>	

# The Blue Team

<u>Match No. 1</u>	
<u>Match No. 2</u>	
<u>Vocabulary Game</u>	
<u>Total</u>	

# The Red Team

<u>Match No. 1</u>	
<u>Match No. 2</u>	
<u>Vocabulary Game</u>	
<u>Total</u>	