

7 DRIBBLES

STUDENT TARGETS

- ✓ **Skill:** I will move safely through general space.
- ✓ **Cognitive:** I will discuss the differences between self-space and general space.
- ✓ **Fitness:** I will actively engage in class in order to improve my dribbling and movement skills.
- ✓ **Personal & Social Responsibility:** I will listen to and follow teacher feedback in order to improve my dribbling skills.

TEACHING CUES

- ✓ Dribble with Finger Pads, Waist High
- ✓ Eyes Alert, Make Quick Looks

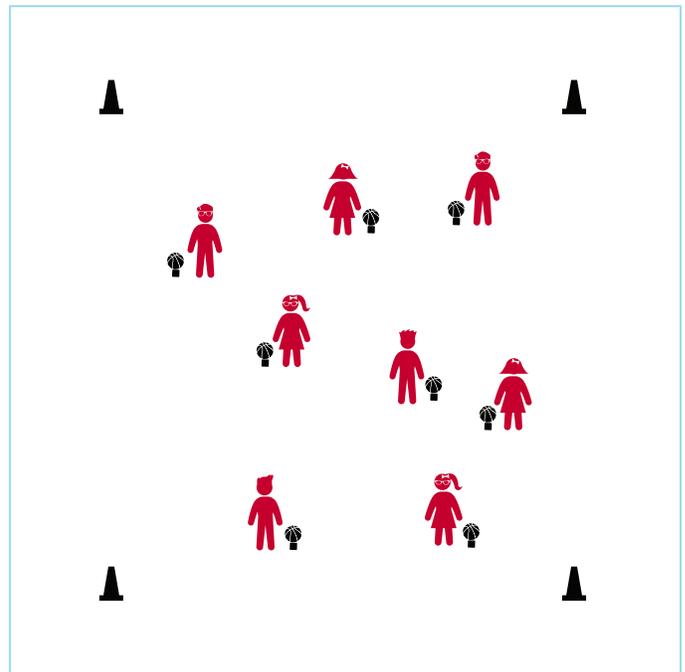
ACTIVITY SET-UP & PROCEDURE

Equipment:

- ✓ 4 large cones
- ✓ 1 basketball per student
- ✓ 1 bean bag per student

Set-Up:

1. Create boundaries for a large activity area with cones.
2. Scatter bean bags throughout the activity area.
3. Balance a basketball on top of each bean bag.
4. Each student standing next to a bean bag and ball.



Activity Procedures:

1. It's time to play 7 Dribbles. Each basketball is perfectly balanced on a bean bag. When I say, "GO!" pick up the ball next to you and dribble it 7 times.
2. After 7 dribbles, balance the ball back on the bean bag and then move to a new ball to make 7 more dribbles. Continue until you hear the stop signal.

Grade Level Progression:

- K:** Dribbles do not have to be consecutive. Students can bounce and catch if dribbling is too difficult.
- 1st:** Dribbles consecutively with dominant hand.
- 2nd:** Alternate dominant and non-dominant hands with each new basketball.



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CHALLENGE PROGRESSIONS

- ✔ Add 7 jumping jacks (or other exercise) after each set of dribbles.

MODIFICATIONS

- ✔ Decrease the number of dribbles/bounces to 1-6.

ACADEMIC LANGUAGE

Continuous, Dribble, Open Space, Prefer, Self-Space

STANDARDS & OUTCOMES ADDRESSED

- ✔ **Standard 1 [E16.Ka]** Drops a ball and catches it before it bounces twice.
- ✔ **Standard 1 [E17.K-2]** Dribbles a ball with one hand, attempting the second contact (K); Dribbles continuously in self-space using the dominant hand (1); Dribbles in self-space with a preferred hand demonstrating a mature pattern (2a).
- ✔ **Standard 2 [E1.Ka]** Differentiates between movement in personal (self-space) and general space (K1).
- ✔ **Standard 3 [E2.K-2]** Actively participates/engages in physical education class (K&1); Actively engages in physical education class in response to instruction and practice (2).
- ✔ **Standard 4 [E3.K-2]** Follows instruction/directions when prompted (K); Responds appropriately to general feedback from the teacher (1); Accepts specific corrective feedback from the teacher (2).

DEBRIEF QUESTIONS

- ✔ **DOK 1:** What are some ways you moved safely through general space?
- ✔ **DOK 2:** What's the difference between general space and personal space?
- ✔ **DOK 3:** How does open space relate to general space?

TEACHING STRATEGY FOCUS

Help students examine similarities and differences: Understanding the relationship between general and self-space is crucial for successful participation in most physical activity choices. Take time to help students think about and elaborate on this content and then allow them more opportunities to utilize new knowledge and conclusions.