

CHALLENGER

STUDENT TARGETS

TEACHING CUES

- **Skill:** I will demonstrate all critical cues for shooting.
- **Cognitive:** I will discuss a growth mindset plan for challenging myself and improving my basketball skills.
- **Fitness:** I will stay actively engaged at the intensity needed to raise my heart rate.
- **Personal & Social Responsibility:** I will use positive language with my challengers and avoid trash talk.

- Balance on the Platter
- Elbow Under the Ball
- Eyes on Target
- Follow-Through Snap

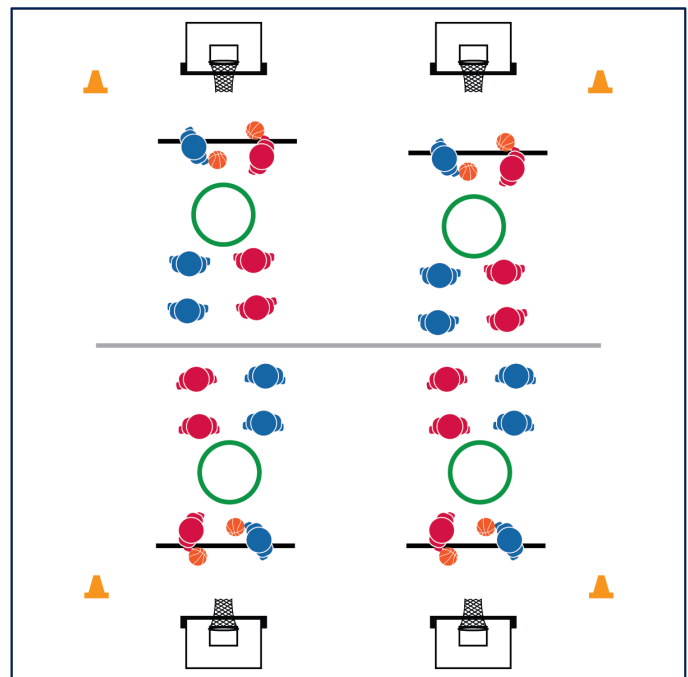
ACTIVITY SET-UP & PROCEDURE

Equipment:

- 4–6 basketball goals (i.e., baskets)
- 2 basketballs per goal
- 1 hula hoop per goal

Set-Up:

1. Place 1 hula hoop at the top of the key at each goal.
2. Place 2 basketballs in each hula hoop.
3. Divide the class evenly with 1 line behind each hula hoop (2 lines per goal).



Activity Procedures:

1. Today’s activity is called Challenger. The object is to make a basket before your challenger does.
2. The first 2 players in each line will pick up a basketball and meet at the foul line — they are the challengers.
3. On the start signal, the challengers will dribble 5 times, then tap their basketballs together. As soon as a tap is made, both players can shoot at the hoop. If players miss their shots, they will rebound and shoot again. It’s okay to dribble closer to the hoop for an easier shot. This continues until 1 challenger scores a basket.
4. The challenger who scores becomes the champion and takes on a new challenger from the line. The player who does not score rotates clockwise to the next hoop and waits to challenge another player.

Grade Level Progression:

6th–7th: Play the activity as described above.

8th: Designate 1 goal as the “champions” goal. When students win 3 challenges in a row at a goal, they become champions and move to the champions goal to face off with another champion. Winners at the champion goal get to wear an invisible champion belt for the rest of the day.

CHALLENGER

UNIVERSAL DESIGN ADAPTATIONS

- Decrease the height of the goals
- Decrease shooting distance
- Pair students and play 2v2 with a high-skilled player helping students who have unique needs.

ACADEMIC LANGUAGE

Actively Engaged, Challenge, Follow-Through, Growth Mindset, Improve, Self-Talk, Skill

STANDARDS & OUTCOMES ADDRESSED

- **Standard 1 [M10.6-7]** Shoots on goal in a dynamic environment as appropriate to the activity (6); Shoots on goal with accuracy in small-sided game play (7).
- **Standard 4 [M1.6-8]:** Exhibits personal responsibility by using appropriate etiquette, demonstrating respect for facilities, and exhibiting safe behaviors (6); Exhibits responsible social behaviors by cooperating with classmates, demonstrating inclusive behaviors, and supporting classmates (7); Accepts responsibility for improving one’s own levels of physical activity and fitness (8).
- **Standard 5 [M3.6-8]:** Recognizes individual challenges and copes in a positive way, such as extending effort, asking for help/feedback, and/or modifying the tasks (6); Generates positive strategies such as offering suggestions/assistance, leading/following others, and/or providing possible solutions when faced with a group challenge (7); Develops a plan of action and makes appropriate decisions based on that plan when faced with an individual challenge (8).

DEBRIEF QUESTIONS

- **DOK 1:** How would you describe a growth mindset?
- **DOK 2:** How would you summarize your mindset in relation to learning and improving your basketball skills?
- **DOK 3:** How is self-talk related to a growth mindset?
- **DOK 1:** What are possible positive ways to cope with a challenging situation or a difficult performance task?
- **DOK 2:** How can you apply what you know about growth mindset to help you respond to challenges in a positive way?

TEACHING STRATEGY FOCUS

Help students examine their reasoning. Talking *at* students about a growth mindset is only a part of helping them develop this incredibly important characteristic. Take time at the end of you lesson to guide students through extended thinking questions and exercises to help them examine their mindset, their self-talk, and ways to improved them.