



Basketball: Season Block Plan

Day	Activities
1	<ul style="list-style-type: none"> Teacher introduces Sport Education and Purposeful Competition Teams determined by Captains using Sport Education Team Selection Process Teacher leads students in exploring Basketball while captains create teams Captain leads team through selection of roles and signing team contract Sports Information Director leads the team through choosing team name, developing team cheer/handshake, and creating team posters/logos
2	<ul style="list-style-type: none"> Teacher reviews Fair Play Point System for the season Teacher provides examples of how to support teammates during skill practice Teams begin earning Fair Play points Athletic Trainers lead Footwork Warm-up for their team Coaches lead Speed Dribble Relay for their team Coaches lead W Dribble Defense for their team Coaches lead Dribble Knockout games
3	<ul style="list-style-type: none"> Athletic Trainers lead Dribble Warm-up for their team Teacher reviews official rules of Basketball Coaches lead Partner Passing for their team Coaches lead the activity and instruction for Ultimate Basketball games
4	<ul style="list-style-type: none"> Athletic Trainers lead Toss 3 warm-up for their team Coaches lead All-Star Passing activity for their team Coaches lead 4-Corner Pass drill for their team (video from USA Basketball) Coaches lead instruction for 3v3 Bounce Ball games
5	<ul style="list-style-type: none"> “Entry Card” for students today (written purpose of participating in today’s lesson) Athletic Trainers lead Toss 3 warm-up for their team Coaches lead Rainbow Shooting Progression for their team Coaches lead Close Out Shooting Defense drill for their team
6	<ul style="list-style-type: none"> Invite students to ask someone they’ve played with “One Thing” (one thing the player does well and one thing that needs work) Athletic Trainers lead Form Shooting Warm-up for their team Coaches lead Dribble-to-Shoot Progression for their team Coaches lead instruction for Dribble Knockout games
7	<ul style="list-style-type: none"> Athletic Trainers lead Lay-up Lines Warm-up for their team Coaches lead 2v1 Catch-and-Shoot Relay for their team Coaches lead 3v2 Catch-and-Shoot Relay for their team Sport Psychologists lead discussion to send players to courts for 3v3 games “Exit Card” for students today (written recognition of areas to improve, one idea on how to improve them)



Basketball: Season Block Plan

Day	Activities
8	<ul style="list-style-type: none"> • “Entry Card” for students today (written purpose of today’s lesson) • Athletic Trainers lead Lay-up Lines Warm-up for their team • Coaches lead Triangle Boxout drill for their team • Coaches lead Triangle Rebounding drill for their team • Sport Psychologists lead discussion to send players to courts for 3v3 games
9	<ul style="list-style-type: none"> • Invite students to ask someone they’ve played with “One Thing” (one thing the player does well and one thing that needs work) • Athletic Trainers lead Lay-up Lines Warm-up for their team • Coaches lead Pick-and-Roll Defense for their team • Captains lead Create a Drill for their team
10	<ul style="list-style-type: none"> • Teacher leads students towards a healthy mindset towards officials and officiating • Teacher leads Officials Clinic, where teacher demonstrates the positions of officials and reviews rules • 3 teams in team practices, while 3 teams are in officials clinic. Groups then switch between practice and officials clinic • Teacher leads all teams through scrimmages
11	<ul style="list-style-type: none"> • Coach led practice (5 minutes) • Develop line-up cards for Round Robin tournament • Day 1 of pre-season Round Robin tournament • “Exit Card” for students today (written recognition of areas to improve, one idea on how to improve them)
12	<ul style="list-style-type: none"> • Celebrate the festival of sport and your classroom community coming together to compete and strive for their best performance. • Sports Information Director leads planning of community event • Coach led practice (5 minutes) • Day 2 of pre-season Round Robin tournament
13	<ul style="list-style-type: none"> • Reflection on Round Robin tournament (identify successes and areas to improve) • Coach led team practice (5 minutes) • Make line-up cards for regular season tournament • Season Tournament Day 1
14	<ul style="list-style-type: none"> • Teacher will intentionally frame the day’s competition in the principles of Purposeful Competition to help students stay in a useful mindset for the tournament • Coach led practice (5 minutes) • Season Tournament Day 2
15	<ul style="list-style-type: none"> • Teacher will intentionally frame the day’s competition in the principles of Purposeful Competition • Coach led practice (5 minutes) • Season Tournament Day 3 • Debrief of season and Fair Play point totals recognized • Award presentations (Certificates awarded)



SAMPLE LESSON MAP: DAY 1 Lesson Focus - Team Selection

<p>Purposeful Competition Introduction Script</p>	<p>Teacher Led Discussion: Purposeful Competition will provide you with opportunities to attach meaning to your participation in physical education that goes beyond just yourself in your community. At the same time, we will intentionally use competition, viewed through the partnership lens, as an opportunity to overcome fear of failure and conflict, and embrace collaboration that strives towards excellence.</p>	
<p>Activity Notes</p>		
<p>Learning Task 1</p>	<p>Teacher leads:</p> <ul style="list-style-type: none"> ● team selection by Captains ● students participating in basketball activities while teams are selected 	<p>Team Captains should be predetermined before class begins. After introduction of Sport Ed and Purposeful Competition, Teacher will guide students in reviewing Basketball (no official scored games, just even teams self-selected) while the 6 captains go through the team selection process. Use the Sport Education Team Selection Process handout provided.</p>
<p>Learning Task 2</p>	<p>Captains lead teams through:</p> <ul style="list-style-type: none"> ● selection of roles ● review of responsibilities ● signing contracts 	<p>Captains will lead their teams through reviewing the team roles and their responsibilities before signing team contract. Use Team Roles and Responsibilities and Team Contract handouts provided. Teacher is circulating to assist each team as needed during this process.</p>
<p>Learning Task 3</p>	<p>Sports Information Directors lead teams through:</p> <ul style="list-style-type: none"> ● selection of team name ● development of team cheer/handshake ● development of team poster/web page 	<p>Sports Information Directors lead their teams through the selection of a team name, development of a team cheer/handshake, and development of the team poster/web page. These tasks begin the bonding process for the teams and allows them to begin to work together as a cohesive unit for the Basketball season. Teacher is circulating to assist each team as needed during this process.</p>
<p>Purposeful Competition Closure Script</p>	<p>Teacher Led Discussion: Please bring to mind explicit examples during today's lesson when your new team did something together. How did this make you feel? What was your role in this collaboration? What can you do in the coming weeks to make your team run smoothly and work towards excellence?</p>	



SAMPLE LESSON MAP: DAY 2

Lesson Focus – Dribbling

Reminder: Learning tasks below will take place within seasonal Basketball teams. This allows each team to practice together and develop relationships.

<p>Purposeful Competition Introduction Script</p>	<p>Teacher Led Discussion: Today we will introduce the Fair Play Point System, where you will have more points available for being a good citizen than you will for winning or losing a game. This extrinsic reward system will provide some students with enough purpose to assist them during class. Other students will be intrinsically (personally) motivated based on elements of the skills and competition that speak to them on a deeper level. Please work collaboratively with your classmates in order to gain the highest number of points each day and for the season. Good luck!</p>	
Activity		Notes
<p>Learning Task 1</p>	<p>Teacher reviews:</p> <ul style="list-style-type: none"> ● Fair Play Point System used for Basketball season ● Examples of how to support teammates during practices/games 	<p>Teacher explains the Fair Play Point System that will be used throughout the Basketball season. Focus on the availability of points each day not associated with winning/losing games, but rather the intentional support of the class community. Teacher will share examples of how to support and encourage teammates during the season. Use Fair Play Point System handout provided.</p>
<p>Learning Task 2</p>	<p>Athletic Trainer for each team leads team through Footwork Warm-up instant activity</p>	<p>Athletic Trainer will lead their team through the Footwork Warm-up. Use Special Olympics Dynamic Stretch Guide for examples and USA Basketball link for Footwork demonstrations.</p>
<p>Learning Task 3</p>	<p>Coach for each team leads team through Speed Dribble Relay activity</p>	<p>Coach will lead their team through the activity. Use Speed Dribble Relay Activity Plan provided to prepare equipment, as well as “Activity Procedures” section for scripted directions for game.</p>
<p>Learning Task 4</p>	<p>Coach for each team leads team through W Dribble Defense activity</p>	<p>Coach will lead their team through the activity. Use W Dribble Defense Activity Plan provided to prepare equipment, as well as “Activity Procedures” section for scripted directions for game.</p>
<p>Learning Task 5</p>	<p>Coach for each team leads team through Dribble Knockout activity</p>	<p>Coach will lead their team through the activity. Use Dribble Knockout Activity Plan provided to prepare equipment, as well as “Activity Procedures” section for scripted directions for game.</p>



SAMPLE LESSON MAP: DAY 3 Lesson Focus – Passing

Reminder: Learning tasks below will take place within seasonal Basketball teams. This allows each team to practice together and develop relationships.

<p>Purposeful Competition Introduction Script</p>	<p>Teacher Led Discussion: Let's be intentional about seeing conflict today. Conflict within ourselves when things don't go our way. Conflict between teammates who encounter a barrier to their success; or any other conflict you might find. And let's recognize that a sailboat makes no progress without some wind to drive it. So when you see conflict today, try to also see how you can use it to drive you and your team towards excellence. See your missed attempts as information on how to improve. See your misunderstandings as feedback on how to be better understood. Fail forward everyone!</p>	
<p style="text-align: center;">Activity Notes</p>		
<p>Learning Task 1</p>	<p>Athletic Trainer for each team leads team through Dribble Warm-up instant activity</p>	<p>Athletic Trainer will lead their team through the instant activity. Use Dribble Warm-ups Activity Plan provided to prepare equipment, as well as "Activity Procedures" section for scripted directions for game.</p>
<p>Learning Task 2</p>	<p>Coach for each team leads team through Partner Passing activity</p>	<p>Coach will lead their team through the activity. Use Partner Passing Activity Plan provided to prepare equipment, as well as "Activity Procedures" section for scripted directions for game.</p>
<p>Learning Task 3</p>	<p>Teacher will review the official rules of Basketball</p>	<p>Teacher will share and discuss the official basketball rules that will be used. Demonstrations should be included where applicable.</p>
<p>Learning Task 4</p>	<p>Coach for each team leads team through Ultimate Basketball activity</p>	<p>Coach will lead their team through the activity. Use Ultimate Basketball Activity Plan provided to prepare equipment, as well as "Activity Procedures" section for scripted directions for game.</p>
<p>Purposeful Competition Closure Script</p>	<p>Teacher Led Discussion: How did you navigate the progression from something easy to something harder today? Were you impatient waiting to get to something harder? Try enjoying the moment and helping others around you. Were you overwhelmed by the parts that were more challenging? Try going back to what you felt comfortable with and building a little more slowly and patiently, learning intentionally from your mistakes along the way. Share something new you learned with someone near you and explain how that information will help you in the future. <i>(Allow time to move and talk)</i> Thank you for your effort!</p>	



SAMPLE LESSON MAP: DAY 4 Lesson Focus - Integration of Dribbling & Passing

Reminder: Learning tasks below will take place within seasonal Basketball teams. This allows each team to practice together and develop relationships.

Purposeful Competition Introduction Script	Teacher Led Discussion: Do you personally want your opponent to play their best or less than their best when you play against them today? For those of you who are hoping your opponent plays anything less than their best, two things may be true: 1) you value the victory more than your level of play, 2) you fear losing more than you value improvement. Please remember that during Purposeful Competition we are striving for our best performance, and that occurs outside of wins and losses. We are valuing our opponent as a <u>partner</u> who has the ability to lead us to our best performance, so consider using some great motivating talk when trying to get the best out of both your partner AND your opponent.	
	Activity	Notes
Learning Task 1	Teacher shares examples of terms that show verbal confirmation of partner and/or opponent during play, and leads brainstorming of additional terms by students	Teacher begins by sharing academic language terms that encourage teammates and/or opponents during play. Gives specific examples, and then asks students to brainstorm and share additional terms that could be used.
Learning Task 2	Athletic Trainer for each team leads team through Toss 3 instant activity	Athletic Trainer will lead their team through the instant activity. Use Toss 3 Activity Plan provided to prepare equipment, as well as “Activity Procedures” section for scripted directions for game.
Learning Task 3	Coach for each team leads team through All-Star Passing	Coach will lead their team through the activity. Use All-Star Passing Activity Plan provided to prepare equipment, as well as “Activity Procedures” section for scripted directions for game.
Learning Task 4	Coach for each team leads team through 4 Corner Pass Drill (see USA Basketball demonstration linked here)	Coach will lead their team through the activity. Coach will prepare by watching the 4 Corner Pass video provided and can share video of drill with team.
Learning Task 5	Coach for each team leads team through 3v3 Bounce Ball	Coach will lead their team through the activity. Use 3v3 Bounce Ball Activity Plan provided to prepare equipment, as well as “Activity Procedures” section for scripted directions for game.
Purposeful Competition Closure Script	Teacher Led Discussion: Can someone tell me how they felt in today’s environment? Did you feel supported or harshly judged? Did the environment help you feel less stressed about making mistakes? Did supporting those around you have a positive effect on your performance? (<i>Allow time for reflection and feedback</i>) If we work as a community to support each other we will all have greater access to a higher level of play.	



SAMPLE LESSON MAP: DAY 5 Lesson Focus - Shooting & Shot Defense

Reminder: Learning tasks below will take place within seasonal Basketball teams. This allows each team to practice together and develop relationships.

<p>Purposeful Competition Introduction Script</p>	<p>Teacher Led Discussion: Let's do something today known as an Entry Card. We're going to be intentional about <u>why</u> we're participating in class today. Where do your strengths and weaknesses lie? What would it reasonably look like to be 'one day better'? Will you value your personal improvement as it relates to your physical education journey? Please intentionally find a purpose in any of these areas today, share it with someone on your team, and apply it to today's lesson. <i>(Allow time to move and talk)</i> Let's all try to get one day better today!</p>	
<p style="text-align: center;">Activity Notes</p>		
<p>Learning Task 1</p>	<p>Athletic Trainers lead Toss 3 instant activity for their team</p>	<p>Athletic Trainer will lead their team through the instant activity. Use Toss 3 Activity Plan provided to prepare equipment, as well as "Activity Procedures" section for scripted directions for game.</p>
<p>Learning Task 2</p>	<p>Coaches lead Rainbow Shooting Progression for their team</p>	<p>Coach will lead their team through the Rainbow Shooting Progression after showing this example from USA Basketball, encouraging players to move one giant step further than their previous attempt every time out.</p>
<p>Learning Task 3</p>	<p>Coaches lead Close Out Shooting Defense for their team</p>	<p>Coach will lead their team through the activity. Coaches should use the video instructions on Close Out Defense by USA Basketball found (here). Players are encouraged to catch, square up, and judge how far the close out defender is; if they are a step away and under control the shooter should take the shot, if they are closer or out of control, the receiver should use a good jab step dribble and get past the defender before taking the jump shot.</p>
<p>Purposeful Competition Closure Script</p>	<p>Teacher Led Discussion: Did working toward a purposeful goal help you stay focused today? Did it make the lesson more enjoyable? Did you make progress toward that goal; was that meaningful to you? Did you miss out on the opportunity to participate purposefully? If so, what are you waiting for? What will you ever characterize as 'worthwhile' in your life; how will it be different to your future self? How can you make the urgency (importance) of that pursuit come alive in physical education? <i>(Allow time for reflection and feedback)</i> Thank you for your effort today!</p>	



SAMPLE LESSON MAP: DAY 6 Lesson Focus - Shooting off the Dribble

Reminder: Learning tasks below will take place within seasonal Basketball teams. This allows each team to practice together and develop relationships.

<p>Purposeful Competition Introduction Script</p>	<p>Teacher Led Discussion: Let's consider the most helpful ways to provide constructive feedback to your peers. 'You stink at that' could be replaced with, 'I see that you have trouble with _____, here's a way to begin to get better at it.' 'You don't even look like you're trying' could be replaced with, 'Are you having trouble focusing today? I think you might see a lot of improvement in your performance if you focus on improving _____.' These tips will help you inform your peers about how they can get just one day better at a skill without being distracted by your language. Let's get together with a partner and share One Thing that each of you can get better at today. <i>(Allow time to move and talk)</i> Share kindly and expect the same in return today.</p>	
Activity		Notes
<p>Learning Task 1</p>	<p>Athletic Trainer for each team leads team through Form Shooting Warm-up instant activity</p>	<p>Athletic Trainer will lead their team through the instant activity. Use Form Shooting Warm-up Activity Plan provided to prepare equipment, as well as "Activity Procedures" section for scripted directions for game.</p>
<p>Learning Task 2</p>	<p>Coaches lead Dribble-to-Shoot Progression for their teams</p>	<p>Coach will lead their team through a drill similar to Rainbow Shooting. Players are encouraged to now catch, square up, jab step dribble, pull-up, and shoot a jump shot as the variation on this drill.</p>
<p>Learning Task 3</p>	<p>Coaches lead the instruction for Dribble Knockout games</p>	<p>Coach will lead their team through the activity. Use Dribble Knockout Activity Plan provided to prepare equipment, as well as "Activity Procedures" section for scripted directions for game.</p>
<p>Purposeful Competition Closure Script</p>	<p>Teacher Led Discussion: Let's hear about how folks got better today. You can either tell the class about something you improved on, something that you're currently doing well, or something that a classmate seems to be improving on. <i>(Allow time for reflection and feedback)</i> Thanks for sharing the good news!</p>	



SAMPLE LESSON MAP: DAY 7

Lesson Focus - Shooting off the Pass

Reminder: Learning tasks below will take place within seasonal Basketball teams. This allows each team to practice together and develop relationships.

<p>Purposeful Competition Introduction Script</p>	<p>Teacher Led Discussion: Who remembers how to perform a defensive stance? Can we see that demonstration from everyone please? Okay, so this is a motion that your body remembers how to perform that can be applied to the lessons related to shooting and defending the shot. Now who remembers how to compliment a friend? Please take a moment to say something nice to someone near you. <i>(Allow time to move and talk)</i> In that same way, let's apply our previously learned kindness and mindfulness to the folks around us during today's lesson.</p>	
<p style="text-align: center;">Activity Notes</p>		
<p>Learning Task 1</p>	<p>Athletic Trainer for each team leads team through Lay-up Lines Warm-up instant activity</p>	<p>Athletic Trainer will lead their team through the instant activity. Use Lay-up Lines Warm-up Activity Plan provided to prepare equipment, as well as "Activity Procedures" section for scripted directions for game.</p>
<p>Learning Task 2</p>	<p>Coach leads team through 2v1 Catch-and-Shoot activity for their team</p>	<p>Coach will lead their team through the activity. Use 2v1 Catch-and-Shoot Activity Plan provided to prepare equipment, as well as "Activity Procedures" section for scripted directions for game.</p>
<p>Learning Task 3</p>	<p>Coach leads team through 3v2 Catch-and-Shoot activity for their team</p>	<p>Captain will lead their team through the activity. Use 3v2 Catch-and-Shoot Activity Plan provided to prepare equipment, as well as "Activity Procedures" section for scripted directions for game.</p>
<p>Learning Task 4</p>	<p>Sport Psychologists lead the discussion to determine teams and send players to designated courts for 3v3 games</p>	<p>Sport Psychologists will determine teams at each court. Use 3v3 Activity Plan provided to prepare equipment, as well as "Activity Procedures" section for scripted directions for game.</p>
<p>Purposeful Competition Closure Script</p>	<p>Teacher Led Discussion: I want you to tell your partner something you KNOW you are going to need to work on if you can hope to improve in Basketball in the coming weeks. <i>(Allow talk time)</i> Partner, I want you to thank your friend for sharing, and I would like you to now share something that you will be looking to improve. <i>(Allow talk time)</i> And now, I would like you to thank your partner for sharing and let them know HOW you plan on improving that skill that needs assistance. However, if you don't know a good way to work towards improvement, please ask your partner for ideas. And if neither of you can come up with a way to improve, I will be happy to assist you. Of course, if I don't know, then I will be happy to research an answer that I can provide for you next class. Because getting answers is important, but the modesty, comradery and community that comes from seeking that answer are a greater benefit to us all.</p>	



SAMPLE LESSON MAP: DAY 8

Lesson Focus - Rebounding

Reminder: Learning tasks below will take place within seasonal Basketball teams. This allows each team to practice together and develop relationships.

<p>Purposeful Competition Introduction Script</p>	<p>Teacher Led Discussion: As we mark the halfway point in our season, I would like to invite all of you to find a partner that is on your team that you have not paired up with before to talk about purpose. I would like you to explain to your partner WHY you will be participating to your fullest potential during today's lesson. Partners - I would like for you to listen closely and put one finger in the air if your partner's purpose is intrinsically motivated, like they would like to be better at the sport because it will be more fun, or they would like to help the team perform at its best. Place two fingers in the air if you hear an extrinsic motivation, like they want to maintain a high GPA in our class, or they want points toward winning the season. <i>(Allow talk time)</i> Partners, please switch jobs. <i>(Allow talk time)</i> Let's understand that both intrinsic and extrinsic motivators move us toward our goals in life, but a lack of motivation can halt our growth altogether.</p>	
<p style="text-align: center;">Activity Notes</p>		
<p>Learning Task 1</p>	<p>Athletic Trainer for each team leads team through Lay-up Lines Warm-up instant activity</p>	<p>Use Lay-up Lines Warm-up Activity Plan provided. Balls will start on the right side this time and the six rounds of shooting will be 1) right-hand lay-ups (off a backdoor cut), 2) left-hand lay-ups (off a backdoor cut), 3) right-hand mid-range shots (off an L cut), 4) left-hand mid-range shots (off an L cut), 5) right-hand long-range shots (off a V cut), 6) left-hand long-range shots (off a V cut).</p>
<p>Learning Task 2</p>	<p>Coach for each team leads team through Triangle Boxout activity</p>	<p>Coach will lead their team through the activity. Use Triangle Boxout Activity Plan provided to prepare equipment, as well as "Activity Procedures" section for scripted directions for game.</p>
<p>Learning Task 3</p>	<p>Coach for each team leads team through Triangle Rebounding activity</p>	<p>Coach will lead their team through the activity. Use Triangle Rebounding Activity Plan provided to prepare equipment, as well as "Activity Procedures" section for scripted directions for game.</p>
<p>Learning Task 4</p>	<p>Sport Psychologists lead the discussion to determine teams and send players to designated courts for 3v3 games</p>	<p>Sport Psychologists will determine teams at each court. Use 3v3 Activity Plan provided, using the Level 2 Progression for scoring so the focus is on rebounding.</p>
<p>Purposeful Competition Closure Script</p>	<p>Teacher Led Discussion: Let's take a moment and review our progress towards the purpose we stated as class began. Please put one finger in the air if you can see how you made some progress towards your purpose today. Please put two fingers in the air if you feel you made zero progress towards your purpose today. Please find someone with a different answer from you to discuss your progress so far. People with one finger up, after you share your success I need you to hear the challenges stated by your classmate and let them know you hear them and support them. Remember, if there is no struggle there is no progress. Frederick Douglass said that, and his struggle turned into the progress of millions.</p>	



SAMPLE LESSON MAP: DAY 9

Lesson Focus - Offensive & Defensive Strategies and Tactics

Reminder: Learning tasks below will take place within seasonal Basketball teams. This allows each team to practice together and develop relationships.

<p>Purposeful Competition Introduction Script</p>	<p>Teacher Led Discussion: I'd like to ask you to find a partner that is on your team, but you have not paired with frequently, to talk about your skill set. Please ask this partner to provide you with One Thing that you do well, and One Thing that you will need to improve on during today's class. <i>(Allow time to partner up and talk)</i> Please put a thumb up if you agree with your partner. Please put two thumbs up if you know how to improve on the skill that was brought to your attention. Could I please hear the skills described that you aren't sure how to improve? <i>(Allow time for explanation)</i> Alright, let's have a great session today and work towards improvement!</p>	
<p>Activity Notes</p>		
<p>Learning Task 1</p>	<p>Athletic Trainer for each team leads team through Lay-up Lines Warm-up instant activity</p>	<p>Use Lay-up Lines Warm-up Activity Plan provided to prepare equipment and activity space. The activity set up will be updated to have a rebounder (player C) ready to rebound (not defend) under the basket.</p>
<p>Learning Task 2</p>	<p>Coach leads team through Side Pick-and-Roll activity for their team (see USA Basketball demonstration linked here)</p>	<p>Coach will lead their team through the activity. Coach will prepare by watching the Side Pick-and-Roll video provided and can share video of drill with team.</p>
<p>Learning Task 3</p>	<p>Coach leads team through Pick-and-Roll Defense activity for their team</p>	<p>Coach will lead their team through the activity. Use Pick-and-Roll Defense drill link provided by USA Basketball to prepare equipment and demonstrate this activity.</p>
<p>Learning Task 4</p>	<p>Captain leads team through Create a Drill activity for their team</p>	<p>Coach will lead their team through the activity. Use Create a Drill Activity Plan and Create a Drill Worksheet provided to develop the new drill/game and then practice the new activity with the team. After practicing, teams should discuss any changes needed to the rules, scoring, or equipment.</p>
<p>Purposeful Competition Closure Script</p>	<p>Teacher Led Discussion: Let's hear about how folks got better today. You can either tell the class about something you improved on, something that you're currently doing well, or something that a classmate seems to be improving on. <i>(Allow time for reflection and feedback)</i> Thanks for sharing the good news!</p>	



SAMPLE LESSON MAP: DAY 10

Lesson Focus - Officiating

Reminder: Learning tasks below will take place within seasonal Basketball teams. This allows each team to practice together and develop relationships.

<p>Purposeful Competition Introduction Script</p>	<p>Teacher Led Discussion: As we embark on learning how to officiate today, let's take a moment to realize that this level of training, and way more hours of training, are what the officials of the sports we play, watch, and love take part in so that they can work during regulation matches. If we can empathize with the training it takes to be a great player, let's extend that empathy to the challenge of being a great official. None of you will finish today's clinic looking to make 'bad calls' when you observe future games; you will all be doing your best. So, let's get the most out of today's clinic, so that we can practice purposefully in the future, and be the best officials we can be to support the highest level of competition possible.</p>	
<p>Activity Notes</p>		
<p>Learning Task 1</p>	<p>Teacher leads 3 of the 6 teams through an Officials Clinic</p>	<p>The class will be split in half, with 3 teams in the Officials Clinic with the teacher and 3 teams being led though a team practice with their coach. Use Officials Clinic Card provided. Once the teacher has completed the Officials Clinic with the first 3 teams, those teams will begin a team practice and the other 3 teams will begin the Officials Clinic. The Officials Clinic is focused on reviewing the rules and officiating protocols with students.</p>
<p>Learning Task 2</p>	<p>Coaches lead remaining 3 teams through a team practice</p>	
<p>Learning Task 3</p>	<p>Teacher works with coaches to lead teams through scrimmages</p>	<p>The teacher will lead teams through scrimmages to begin to practice their officiating skills. Use the Basketball Scrimmage Schedule provided. The focus during these scrimmages is for teams to practice being the duty team, and to have the opportunity to ask for assistance or clarification before the season tournament begins.</p>
<p>Purposeful Competition Closure Script</p>	<p>Teacher Led Discussion: As we conclude today's clinic, let's take a look at how folks are feeling about being officials in future games. Please hold up four fingers if you're feeling VERY confident in your ability to officiate a game and not miss a single call. Please hold up three fingers if you're feeling somewhat confident in your ability to not miss a single call. Please hold up two fingers if you're feeling not very confident in your ability to not miss a single call. Please hold up 1 finger if you're feeling ZERO confidence in your ability to not miss a single call. We probably don't have a lot of people that will make 100% of their shots in the coming games, so we really shouldn't expect each other to make 100% of the calls. It's okay to miss a shot, and it's okay to miss a call; no one should do either on purpose. What is important is that we put ourselves in the mindset to hear alternative points of view, and the best position to do better next time in an effort to constantly seek improvement.</p>	



SAMPLE LESSON MAP: DAY 11 Lesson Focus - Interclass Competition

Reminder: Learning tasks below will take place within seasonal Basketball teams. This allows each team to practice together and develop relationships.

<p>Purposeful Competition Introduction Script</p>	<p>Teacher Led Discussion: Let's connect with our team Coaches and make suggestions about how practice time can best be spent before our competition begins. Once you've agreed as a team, let's have you describe what you hope to gain from that practice time; things like an increase shooting percentage, more open shots, etc. Once you've described that, let's agree on how we will know we were successful. Consider things like less turnovers or better ball movement. Now let's put some time into improving in preparation for our competition to chase after excellence today!</p>	
<p>Activity Notes</p>		
<p>Learning Task 1</p>	<p>Coach leads a team practice (5 minutes only)</p>	<p>Coaches lead their team through a practice. These practices should be used to practice and apply offensive and defensive strategies that could be improved for the team, and to help determine good team pairings for tournament play.</p>
<p>Learning Task 2</p>	<p>Lineup cards are developed for Round Robin Tournament</p>	<p>Coaches will work with their teams to develop the teams for the Round Robin Tournament. Coaches will then develop their lineup cards accordingly.</p>
<p>Learning Task 3</p>	<p>Day 1 of Round Robin pre-season tournament (ensure the correct amount of teams are used in the schedule appropriate to your class size)</p>	<p>Use the Basketball Round Robin Tournament schedule provided. All 6 teams will get an opportunity to play each other and to serve as the duty team. Games will be 5 minutes each, and the schedule has space for wins, losses, and ties to be recorded (and directions for the team Statistician to track Fair Play points).</p>
<p>Learning Task 4</p>	<p>Teacher leads students through Exit Card for the day</p>	<p>Teacher leads students through written exit card for the day. Focus is on students recognizing areas to improve and one idea of how to improve them.</p>
<p>Purposeful Competition Closure Script</p>	<p>Teacher Led Discussion: Let's take this opportunity to connect with a NEW partner right now and work on Exit Cards. I want you to tell this partner something you KNOW you need to work on if you hope to improve in Basketball. <i>(Allow talk time)</i> Partner, I want you to thank your friend for sharing, and I would like you to now share something that you will be looking to improve. <i>(Allow talk time)</i> And now, first partner, I would like you to thank your partner for sharing and let them know HOW you plan on improving that skill that needs assistance, and partners I would like you to do the same thing when they are done. <i>(Allow talk time)</i> Let's continue to improve everyone, and congratulations on the progress you're making!</p>	



SAMPLE LESSON MAP: DAY 12

Lesson Focus - Interclass Competition

Reminder: Learning tasks below will take place within seasonal Basketball teams. This allows each team to practice together and develop relationships.

<p>Purposeful Competition Introduction Script</p>	<p>Teacher Led Discussion: As we conclude the preseason and head towards the final tournament, let's be intentional about the parts of Purposeful Competition that we have pursued so far. As you begin play do so with an explicit purpose and pursue it with energy as you participate. As you fail today, be intentional about using those moments as lessons that are positive assisters rather than negative distractors. As you engage in competition with your opponents, recognize them as partners in your pursuit of excellence rather than barriers to it. Energizing yourself emotionally in this way may bring greater enjoyment and accessibility to your best performance. Have fun!</p>	
<p style="text-align: center;">Activity Notes</p>		
<p>Learning Task 1</p>	<p>Sports Information Director (SID) leads planning of community event</p>	<p>SID leads their team through completion of the Event Planning Guide provided. Each team will discuss and plan for an event outside of physical education class, that could be focused specifically on the school community or the larger local community. They could plan for a Basketball tournament during lunch or before/after school, or could partner with a local Parks and Recreation Department to plan an event within the community.</p>
<p>Learning Task 2</p>	<p>Coach leads a team practice (5 minutes only)</p>	<p>Coaches lead their team through a practice. These practices should be used to practice and apply offensive and defensive strategies that could be improved for the team, and to help determine good team pairings for tournament play.</p>
<p>Learning Task 3</p>	<p>Day 2 of Round Robin pre-season tournament</p>	<p>Use the Basketball Round Robin Tournament schedule provided. Continue where matches left off from day 1. The schedule provides space for wins, losses, and ties to be recorded and directions for the team Statistician to track Fair Play points.</p>
<p>Purposeful Competition Closure Script</p>	<p>Teacher Led Discussion: Let's get with members of opposing teams and take a moment to point out strengths and weaknesses. All of the Coaches get together, all of the Captains, SIDs, etc. <i>(Allow time to move)</i> Now that you're together, can we begin with some open compliment time please? Great shots, appreciated comments, interesting strategies, whatever you can think of. <i>(Allow time to talk)</i> And now could we switch gears to some suggestions on improvement? Obvious lack of ambidexterity, poor player pairings, etc. <i>(Allow time to talk)</i> And now please conclude with a thanks to everyone.</p>	



SAMPLE LESSON MAP: DAY 13 Lesson Focus - Interclass Competition

Reminder: Learning tasks below will take place within seasonal Basketball teams. This allows each team to practice together and develop relationships.

<p>Purposeful Competition Introduction Script</p>	<p>Teacher Led Discussion: As we begin the final tournament, let's be intentional about the parts of Purposeful Competition that we have pursued so far. As you begin play do so with an explicit purpose and pursue it with energy as you participate. As you fail today, be intentional about using those moments as lessons that are positive assisters rather than negative distractors. As you engage in competition with your opponents, recognize them as partners in your pursuit of excellence rather than barriers to it. Energizing yourself emotionally in this way will bring greater enjoyment and accessibility to your best performance. Have fun!</p>	
<p>Activity</p>		<p>Notes</p>
<p>Learning Task 1</p>	<p>Teacher leads Round Robin Tournament Reflection</p>	<p>Teacher leads teams through a reflection of the Round Robin Tournament in order to identify successes and areas where the team can improve.</p>
<p>Learning Task 2</p>	<p>Coach leads a team practice (5 minutes only)</p>	<p>Coaches lead their team through a practice. These practices should be used to practice and apply offensive and defensive strategies that could be improved for the team, and to help determine good team pairings for tournament play.</p>
<p>Learning Task 3</p>	<p>Line-up cards are developed for Season Tournament</p>	<p>Coaches will work with their teams to identify line-up cards for the Season Tournament. Successes and areas of improvement identified from debrief of the Round Robin Tournament should be considered before Season Tournament line-ups are finalized.</p>
<p>Learning Task 4</p>	<p>Day 1 of Season Tournament</p>	<p>All 6 teams will get an opportunity to play each other and to serve as the duty team. Games will be 6 minutes each, and schedule has space for wins, losses, and ties to be recorded (and directions for the team Statistician to track Fair Play points).</p>
<p>Purposeful Competition Closure Script</p>	<p>Teacher Led Discussion: Let's take this time to connect with someone who made you better today. Your partner, your Coach, Sport Psychologist, opponents, whomever. Let them know what they did, and what it meant to you. <i>(Allow time to move and talk)</i> Your demonstration of appreciation completes your cycle of play. Never pass up the opportunity to participate in it. Great job today everyone!</p>	



SAMPLE LESSON MAP: DAY 14 Lesson Focus - Interclass Competition

Reminder: Learning tasks below will take place within seasonal Basketball teams. This allows each team to practice together and develop relationships.

<p>Purposeful Competition Introduction Script</p>	<p>Teacher Led Discussion: Communities in some cultures build houses together. Not because they would all live there, but because there was a realization that collaborating made possible as a group, what might be impossible alone. Our sports competitions help us to realize that we are better together. That without each member of the team, and the opposing teams, our improvement is not possible, our games are not possible, and our sports are not possible, because they would be empty, meaningless pursuits. Take the time to thank someone for their worthwhile place in your performance today. A Coach, Captain, opponent, whomever you feel compelled to thank. Coaches, please consult with your team on a practice focus before the games begin. Have fun everyone!</p>	
<p>Activity Notes</p>		
<p>Learning Task 1</p>	<p>Teacher will review principles of Purposeful Competition</p>	<p>Teacher will review the principles of Purposeful Competition in order to frame the day's mindset for continuing the Season Tournament. Students should be given the opportunity to share examples of witnessing and/or experiencing the principles of Purposeful Competition during day 1 of the Season Tournament.</p>
<p>Learning Task 2</p>	<p>Coach leads a team practice (5 minutes only)</p>	<p>Coaches lead their team through a practice. These practices should be used to practice and apply offensive and defensive strategies that could be improved for the team, and to help determine if adjustments should be made for team pairings for the remainder of tournament play.</p>
<p>Learning Task 3</p>	<p>Day 2 of Season Tournament</p>	<p>Continue where matches left off from day 1. Games will be 6 minutes each. The schedule provides space for wins, losses, and ties to be recorded and directions for the team Statistician to track Fair Play points.</p>
<p>Purposeful Competition Closure Script</p>	<p>Teacher Led Discussion: Let's take this time to connect with someone who made you better today. Your partner, your Coach, Sport Psychologist, opponents, whomever. Let them know what they did, and what it meant to you. <i>(Allow time to move and talk)</i> Your demonstration of appreciation completes your cycle of play. Never pass up the opportunity to participate in it. Great job today everyone!</p>	



SAMPLE LESSON MAP: DAY 15 Lesson Focus - Interclass Competition

Reminder: Learning tasks below will take place within seasonal Basketball teams. This allows each team to practice together and develop relationships.

<p>Purposeful Competition Introduction Script</p>	<p>Teacher Led Discussion: As we conclude the tournament, let's be intentional about the parts of Purposeful Competition that we have pursued so far. As you begin play do so with an explicit purpose and pursue it with energy as you participate. As you fail today, be intentional about using those moments as lessons that are positive assisters rather than negative distractors. As you engage in competition with your opponents, recognize them as partners in your pursuit of excellence rather than barriers to it. Energizing yourself emotionally in this way will bring greater enjoyment and accessibility to your best performance. Have fun!</p>	
<p>Activity</p>		<p>Notes</p>
<p>Learning Task 1</p>	<p>Coach leads a team practice (5 minutes only)</p>	<p>Coaches lead their team through a practice. These practices should be used to practice and apply offensive and defensive strategies that could be improved for the team.</p>
<p>Learning Task 2</p>	<p>Day 3 of Season Tournament</p>	<p>Continue where matches left off from day 2. The schedule provides space for wins, losses, and ties to be recorded and directions for the team Statistician to track Fair Play points.</p>
<p>Learning Task 3</p>	<p>Debrief of Basketball Season</p>	<p>Teacher leads teams through a debrief of the entire Basketball season and Fair Play points are totaled and recognized.</p>
<p>Learning Task 4</p>	<p>Awards Ceremony</p>	<p>Certificates are awarded for 1st - 6th places for the Season Tournament. All teams and all places receive a certificate.</p>
<p>Purposeful Competition Closure Script</p>	<p>Teacher Led Discussion: As we wrap up our season, could we please go around the class and hear from folks about how they're doing in their pursuit of purpose? Did you reach your goal? What barriers did you encounter? What lessons did you learn? Who helped you excel? (<i>Select as many volunteers as time permits</i>) Thanks to everyone for putting forth the effort it takes to compete every day!</p>	