

Grade 8

Lesson 5

Lesson plan

Lesson theme	Play team championship basketball	Grade	8
Duration	50 minutes	Date/week	
Context			
<ul style="list-style-type: none">Physical development and movementMovement focus: Sport and games			
Linking with previous lesson		Linking with next lesson	
<ul style="list-style-type: none">Learners improve their fitness levels.		N/a.	
Core knowledge			
<ul style="list-style-type: none">Know how to play team championship basketball.			
Learning activities and assessment			
<ul style="list-style-type: none">Warm-upLearners play a game of team championship basketball and practise their passing and shooting skillsCool-down.			
Forms of assessment		Resources	
<ul style="list-style-type: none">ChecklistSee ‘Learner assessment’ in the ‘Checklist for evaluation’ at the end of the lesson.		<ul style="list-style-type: none">2 basketballs for each game1 basket for each game1 playing field for each game.	
Expanded opportunities		Teacher reflection	
<ul style="list-style-type: none">Encourage learners to play basketball at home with friends and family.		<ul style="list-style-type: none">Team championship basketball is a fun game that learners can play to improve fitness levels and develop sports skills.	

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Lesson five: Play team championship basketball (50 minutes)

1 Outcomes

By the end of the lesson learners should be able to:

- Understand the rules of team championship basketball
- Improve their passing and shooting skills
- Play an adapted game of team championship basketball against another team.

2 Teacher's corner

Setting up

- Divide the class into groups of approximately 4 learners (this can be adapted to suit your class size and the limitations of the size of the learning area)
- Divide the learning area into a number of playing fields so that several matches can be played simultaneously
- The playing field is an area demarcated by 2 side lines and 1 goal
- Rubbish bins, elevated/suspended at an appropriate height, can be substituted for basketball baskets
- Sponge balls can be used as substitutes for basketballs.

For lesson 5 you'll need the following equipment:

- 2 basketballs for each game
- 1 basket for each game
- 1 playing field for each game.

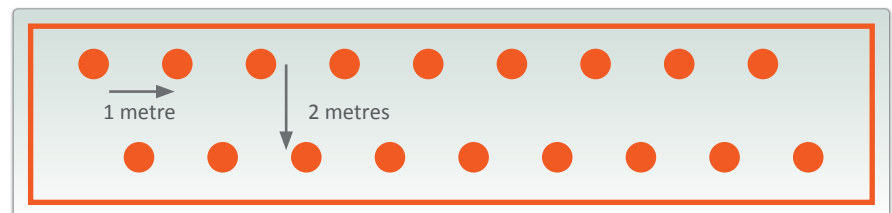
3 Activities

Activity 1: Warm-up (5 minutes)

Plan a warm-up exercise based on the warm-up and dynamic stretching exercises found on pages 3 to 7.

Activity 2: Throwing warm-up (5 minute)

1. Learners in 1 team line up next to one another, 1 metre apart.
2. This team faces another team of learners standing in the same manner but 2 metres away.



3. The first ball is passed in a zigzag fashion from learner 1 in team 1 to learner 1 in team 2. This learner then passes the ball to learner 2 in team 1, who passes the ball to learner 2 in team 2. The process continues so that the ball zigzags its way all the way down to the end of the rows and is then passed in the same fashion all the way back again. For more advanced learners, a second ball can be introduced when the first ball is halfway down the line.

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Activity 3: Shooting warm-up (5 minutes)

Each learner in each team is given five opportunities to aim at and score a basket to improve their aiming and shooting.

Activity 4: Instructions on the rules of team championship basketball (5 minutes)

1. The teams line up on opposite sidelines with about an arm's length between each player.
2. 1 player from each team has a basketball.
3. The player with the ball is the team's shooter.
4. The 2 shooters (1 from each team) meet at the end of the line of learners, furthest from the goals, and touch balls to begin play.
5. After the shooters touch the basketballs together, they pass the ball to each person in their team once before they can shoot.
6. The first shooter to make a basket scores 1 point for his or her team.
7. The shooters then become passers on their teams' sidelines and a new shooter comes out for each team.
8. No learner should have more turns to shoot than any other learner on the team.

Activity 5: Play team championship basketball (25 minutes)

1. 2 teams of learners are paired and play 'team championship' basketball.
2. If there is not enough space for all the learners to be active at the same time, the winning team should be challenged by a team that has not played.
3. If all learners are active at the same time and a number of games are being played simultaneously, a semi-final and then final could be played (time allowing), to determine the overall winning team of the class.
4. If a basket isn't scored fairly quickly, you can change the shooters.

Activity 6: Cool-down (5 minutes)

Plan a cool-down exercise based on the cool-down and stretching exercises found on page 8.

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4 Assessment

- Complete the 'Learner assessment' according to the mark allocation on the table below ('Checklist for evaluation')
- Mark off participation in the lesson on the class list and complete the 'Checklist for evaluation'.

Lesson five: Checklist for evaluation

Activity	Question	Yes	No
Throwing and shooting warm-up activities	<ul style="list-style-type: none"> • Were learners able to complete the throwing and shooting warm up activities? 		
Team championship basketball	<ul style="list-style-type: none"> • Were learners able to play a game of team championship basketball against another team? 		
Teacher reflection	<ul style="list-style-type: none"> • Did the activities help learners improve their fitness levels and develop sports skills? 		
	<ul style="list-style-type: none"> • If you had to repeat the lesson, what improvements would you make to it? 		
Learner assessment	<ul style="list-style-type: none"> • Exceptional level of skill – movements always produce the desired outcome (8 to 10 marks) • Efficient, effective and appropriate – movements mostly produce the correct desired outcome (5 to 7 marks) • Requires further attention and refinement – lapses in movements which do not always produce the desired outcome (3 to 4 marks) • Very clumsy and/or ineffective – movements do not produce the desired outcome a tall (0 to 2 marks) 		