Physical Education

“Basketball: the discovery of one’s own body through basketball exercises

Teacher: Lanzano Roberto

student profile: pupils of the class 1F of lower secondary school (age: 11)

The pupils are collaborative and enjoy working in groups; this, rather than theoretical lessons, helps them develop a sense of “integration”. Before the practice, the pupils have the opportunity to deepen the theoretical lessons held in the classroom thanks to the digital tools (IWB, Tablet, etc.) made available by the school.

They work through the G-suite digital platform.

Language level: A2

Duration: 6 teaching periods, 1 hour each

Skills: Internet browsing; use of the web, knowledge of basketball fundamentals (dribbling, passing, shooting, defense), motor skills - coordination - dexterity.

This project will be carried out by the pupils of the class 1F, divided into two groups. Each lesson will last one hour and, as a final product (in addition to the knowledge of their own body), there will be a little match of 5 vs. 5.

FIRST TEACHING PERIOD

1st activity:

Time: 30'

activities: presentation of the project, organization of the class, division into groups, discussion

2nd activity (in the gym)

Time: 30’

Type of activity: dribbling (with right and left hand)

SECOND TEACHING PERIOD

Time: 60 '

Type of activity: dribbling several steps, engaging in the exercises performed in the first lesson, knowledge of the types of steps.

THIRD TEACHING PERIOD

Time: 60 '

Type of activity: dribbling + passing + shooting

Exercise in form of a game, with lateral movements and shoots with the right and left hand.

FOURTH LESSON

Time: 60 '

Type of activity: dribbling + passing + shooting + defense; 15 min each for each fundamental, performed previously; develop one’s work in a personal way.

FIFTH LESSON

Time: 60 '

Type of activity: creation of two groups of 5 people, match of 5 vs. 5 applying all the rules and fundamentals learned previously.

SIXTH LESSON

Time: 60 '

Type of activity: Class discussion. At the end of the lesson, the pupils will take a test on Wordwall

<https://wordwall.net/it/resource/31645002>