Warm Up

Insert video or image

Equipment Needed

• Ball that bounces
• Basket or Box
• Sock ball or Crumpled Paper ball
Lesson

APE Learning Menu
Basketball

Standards
• Drops ball and catches it after single attempt
• Demonstrates basic dribbling with hands

I CAN
• I can shoot the basketball into the hoop
• I can bounce the ball
Tasks – Chest Pass

APE Learning Menu
Basketball

Instructional Cues
- Hold ball against chest
- Step
- Push and Release Ball
Tasks – 2 Hand Dribble

Instructional Cues

• Bend Elbows
• Use finger pads
• Push ball downward

How to Adapt
Cool Down

Insert Video or Image

APE Learning Menu
Basketball
Assignment

Seesaw Goal and Objectives