

APE Learning Menu

Week of Nov 30, 2020

Unit



Equipment Needed

- Ball that bounces
- Basket or Box
- Sock ball or Crumpled Paper ball

Warm Up

Insert video or image

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

Lesson



BASKETBALL

APE Learning Menu

Basketball

Instructional Cues

- Hold ball against chest
- Step
- Push and Release Ball



Tasks – Chest Pass



APE Learning Menu

Basketball

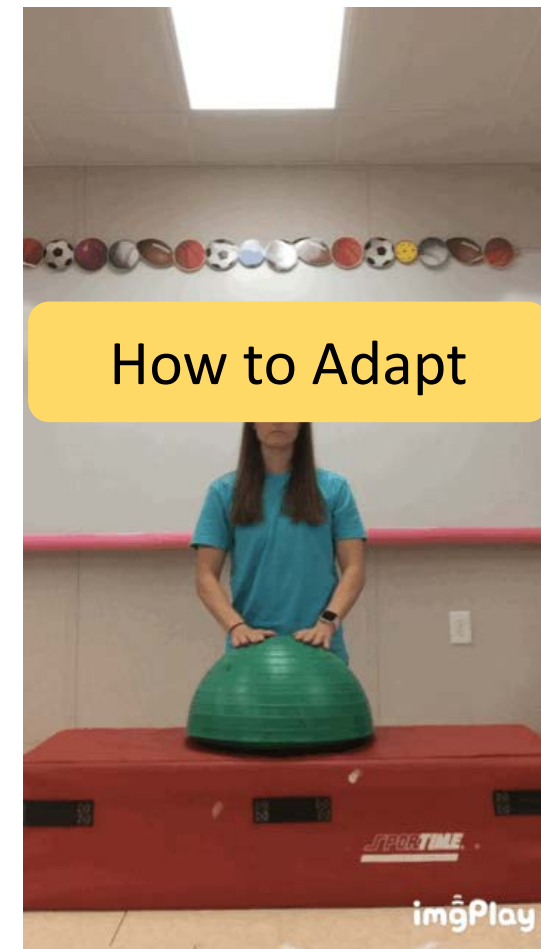
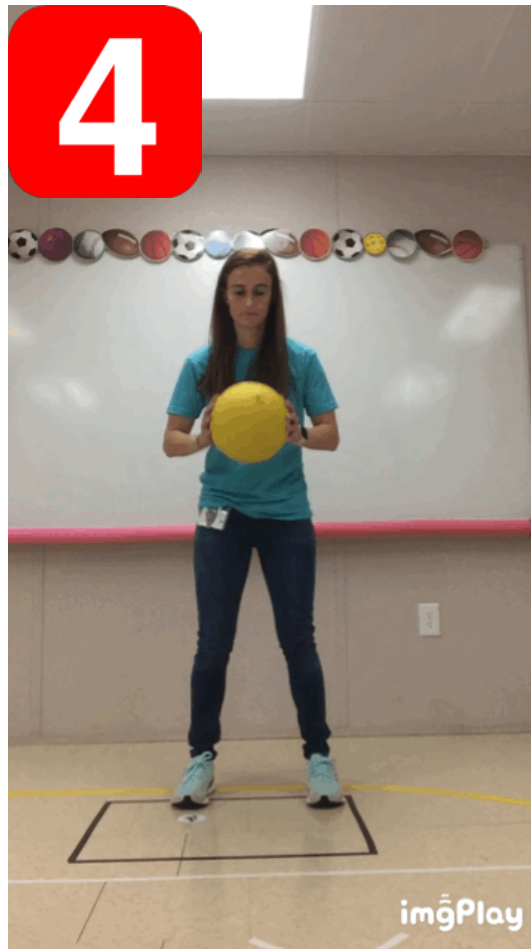
Instructional Cues

- Bend Elbows
- Use finger pads
- Push ball downward

02:00

MR. TIMER

Tasks – 2 Hand Dribble



APE Learning Menu

Basketball

Assignment

Seesaw Goal and
Objectives

Cool Down

Insert Video or Image