



The following Physical Education Activity is brought to you by the CATCH Texas Staff.
Let us know what you think!

<u>Activity Name</u>	<u>Grade Level</u>	<u>Skill Themes</u>	<u>Movement Concepts</u>
Road Repair	K-2	dribbling with the hands locomotor skills	pathways, directions time, force

Texas Essential Knowledge & Skills:

K.1A, K.1B, K.3A, K.4A, K.5A, K.6B, K.7A, K.7B, K.7C
1.1A, 1.1B, 1.1C, 1.3A, 1.4A, 1.4C, 1.5A, 1.6A, 1.6B, 1.7A, 1.7B

Learning Outcomes – The student will:

- ✓ dribble a basketball in general space with the dominant and non-dominant hands.
- ✓ control the ball while changing directions and speeds.

Student Expectations:

1. Control the basketball while dribbling in general space.
2. Understand the effects of varying degrees of dribbling force on ball control.
3. Dribble in different directions, pathways, and speeds.

Prerequisites:

Moving at a variety of speeds, directions and pathways in general space without bumping into others.

Resources & Materials Needed:

1 basketball for each student, poly-spots for half the class, designated activity area.

Description:

- ✓ Randomly scatter the poly-spots throughout the activity area.
- ✓ Explain to the students the poly-spots are "pot holes" in the roadway and their assignment is to repair as many potholes as possible in a designated time.
- ✓ On signal, students dribble their ball to any poly-spot and "repair the pot hole" by dribbling their ball on top of the spot 3 times. Students score a point for each pothole they repair.
- ✓ Challenge students to repair 10 pot holes in a designated time or challenge the class to collectively repair a predetermined number of pot holes.

Further Content Development:

- ✓ Challenge students to use a different dribbling hand, change speeds or travel in a different pathway from poly-spot to poly-spot.
- ✓ Modify the number of times students are required to dribble the ball on top of the poly-spot.
- ✓ Require students to perform a dribbling trick to repair the pothole (behind the back, through the legs, etc.).
- ✓ *Math Practice:* use a variety of color poly-spots and assign a different point value to each spot (red spots-2 points, blue spots-3 points, etc.).



When Teaching:

1. Initially, have the students walk while dribbling the ball. Gradually increase the speed of movement as skill level increases (power walk, skip, slow jog, etc.).
2. Assign a different sound for corresponding challenges, i.e., whistle-dribblers change hands, drum-dribblers change directions, clap-dribblers change speeds.
3. Emphasize and articulate frequently teaching cues for effective basketball dribbling, i.e., "Push with the fingertips." "Waist high." "Eyes up."

Adaptations:

1. Wheelchair students can hold the ball on their lap and push their chair themselves to a poly-spot (or have a peer push) and bounce the ball on top of the poly-spot.
2. Use hula-hoops instead of poly spots to provide a bigger target.
3. Have less skilled dribblers use a two-handed "bounce-catch" to travel from poly-spot to poly-spot.

