

A plan for giving your students Basketball lessons

17.09.2003~18.09.2003

Aims

1. To practice dribbling
2. To practice passing
3. To practice shooting
4. To enjoy playing game

Teacher

T1 Sakae Shibata T2 Yohe Uehara
 T3 Takeshi Inaba T4 Akina Shirono
 T5 Mari Kosaka T6 Saeko Karasawa

Materials

balls, stopwatches, a score board,

Grouping

Students are divided into 4 groups in advance. One group consists of 5 or 6 students.

Lesson Flow

Lesson No, 1

Procedure	Activity		Notes
	Students	Teachers	
Greeting 15 minutes	Students and 6 teachers greet each other. Our 6 teachers introduce themselves.		
Practice 1	Students understand how to do the game for practicing dribbling. Students play the game.	Teachers show students how to play the game to practice dribbling. Teachers support each groups	Aim of this game is to practice walk, run, and stop while dribbling. This game is based on the Japanese traditional game “DARUMASANGA KORONDA” which has been handed down orally.
Practice 2	Students understand how to do the game for practicing passing. Students play the game.	Teachers show students how to play the game for practicing passing. Teachers support each groups.	Aim of this activity is to practice pass and catch accurately.

Practice 3	Students understand how to do the game for practicing shooting. Students play the game.	Teachers show students how to play the game for practicing shooting. Teachers support each groups.	Aim of this activity is to practice shooting quickly.
Game	Students play 3 students versus 3 students game.	Teachers show students how to play the game and rules.	Aim of this activity is to practice dribbling, passing, and shooting.

Practice 1, Practice 2, Practice3, and Game take 35 minutes.

Lesson No, 2

Procedure	Activity		Notes
	Students	Teachers	
Greeting	Students and 6 teachers greet each other. Our 6 teachers introduce themselves.		
Warming up exercise 10 minutes	Students warm up.	Teachers show students how to warm up.	
Game1	Students play the game.	Teachers tell students how to play the game and rules.	
Game2	Students and teachers play the basketball game.		Aim of this activity is to enjoy playing game.
Review the lessons	Students write in a form their thought, impression, and sentiment and so on.		Students need writing materials.

Game1 and Game2 take 30 minutes.