

# 3rd Grade Block Plan

## 4 Week Unit

### WEEK 1

#### Day 1

Skills:

- Dribbling Dominant and Non-Dominant Hands (TA form)

Concepts: Double Dribble and Traveling

\* Personal Social: Cooperation and Responsibility

Activity/Games:

- Dribble Tag

#### Day 2

Review Dribbling

Skills:

- Chest Pass (TA form)
- Bounce Pass (TA form)

Concepts: Defensive/Offense

\* Personal Social: Cooperation and Responsibility

Activity/Games:

- Slide Shuffle Movement
- Money in the Middle

## **WEEK 2**

### Day 1

- Review: Bounce Pass and Chest Pass

Activity:

Card Sharks

- Skill: One Hand Set Shot (TA form)

Concept: Fouls

\* Personal Social: Cooperation and Responsibility

Activity:

Shooting to target on the wall from poly spots

### Day 2

- Review Shooting
- Skills: One Hand Set Shot, Bounce Passing & Chest Passing, Dribbling with Dominant and Non-Dominant Hands (TA form)

Concepts: \* Personal Social: Cooperation and Responsibility

Drills:

- Stations:
  1. Partner passing
  2. Dribbling around cones
  3. Fitness
  4. Shooting from poly spot

## **WEEK 3**

### Day 1

Skills: One Hand Set Shot, jogging & jumping (TA form)

Concepts: \* Personal Social: Cooperation and Responsibility

Drills:

- Stations
- 1. Shooting
- 2. Fitness
- 3. Shooting Game
- 4. Fitness

Day 2

Skill: defending

Concepts: Positions

- \* Personal Social: Cooperation and Responsibility

Drills:

- Activity: Thunder and Lighting

**WEEK 4**

Day 1

Skill: scoring

Concepts: Positions

- \* Personal Social: Cooperation and Responsibility

Drills: Modified Game  
Shooting Contest

Day 2

Skill: scoring & defending

Concepts: Positions

- \* Personal Social: Cooperation and Responsibility

Drills:

- Modified Game  
Shooting Contest