

4th Grade Block Plan

4 Week Unit

WEEK 1

Day 1

Skills:

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

Concept: Double Dribble and Traveling

- Personal Social: Cooperation and Responsibility

Activity/Games:

- Space Invaders

Day 2

Review Dribbling

Skills:

- Chest Pass (T.A. form)
- Bounce Pass (T.A. form)

Concept: Defense/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

Skill: One Hand Set Shot (T.A. form)

Concept: Fouls

- Personal Social: Cooperation and Responsibility

Activity:

Shooting to wall from poly spots

Day 2

- Review Shooting

Skill: Lay up (T.A. form)

Concepts: shooting

- Personal Social: Cooperation and Responsibility

Activity:

Thunder and Lighting

WEEK 3

Day 1

Skill: Dribbling Dominate and Non-Dominate Hands, Bounce Pass and Chest Pass, Lay up (T.A. form)

Concepts: *Personal Social: Cooperation and Responsibility

Activities: Stations

- 1. Shooting
- 2. Lay ups
- 3. Partner passing
- 4. Fitness

Day 2

Skill: Dribbling Dominate and Non-Dominate Hands, Bounce Pass and Chest Pass, Lay up (T.A. form)

Concept: Positions

*Personal Social: Cooperation and Responsibility

Activity: Thunder and Lighting

WEEK 4

Day 1

Skill: Dribbling Dominate and Non-Dominate Hands, Bounce Pass and Chest Pass, Lay up (T.A. form)

Concept: Positions, offense/defense

*Personal Social: Cooperation and Responsibility

Activity:

- Modified Game
 - * 2 on 2 and 3 on 3

Day 2

Skill: Dribbling Dominate and Non-Dominate Hands, Bounce Pass and Chest Pass, Lay up (T.A. form)

Concept: Positions, offense/defense

*Personal Social: Cooperation and Responsibility

Activity:

- Modified Game
 - * 2 on 2 and 3 on 3