

5th Grade Block Plan

WEEK 1

Day 1

Skills:

- Cross-Over Dribble (TA form)
- Over Head Pass (TA form)

Concept: Double Dribble

- Personal Social: Cooperation and Responsibility

Activity/Games:

- 5-Star Passing Game
- Dribble Tag

Day 2

Review cross-over dribble and overhead pass

Skills:

- Defensive Shuffle (TA form)
- One Hand Set Shot (TA form)

Concept: Traveling

- Personal Social: Cooperation and Responsibility

Activity/Games:

- Slide Shuffle Movement
- Lightning

WEEK 2

Day 1

Skills:

- Defensive Shuffle, One Hand Set Shot, Cross-Over Dribble, Over Head Pass (TA form)

Concept: Personal Social: Cooperation and Responsibility

Activities: Stations

1. Fitness
2. Around the World
3. Thunder and Lighting
4. Dribble Challenge

Day 2

Skills: shooting (TA form)

Concepts:

Rules of the Game and Positions

Activities: Shooting Contest

Personal Social: Cooperation and Responsibility

WEEK 3

Day 1

Review of all skills

Skills: Defensive Shuffle, One Hand Set Shot, Cross-Over Dribble, Over Head Pass (TA form)

Concepts: teamwork

Activity: Game: 2 On 2 Sideline

Day 2

Review of all skills

Skills: Defensive Shuffle, One Hand Set Shot, Cross-Over Dribble, Over Head Pass (TA form)

Concepts: teamwork

Activity: Modified Game 3 on 3

WEEK 4

Day 1

Review of all skills

Skills: Defensive Shuffle, One Hand Set Shot, Cross-Over Dribble, Over Head Pass (TA form)

Concepts: teamwork

- Activity: Modified Game 5 on 5

Day 2

Review of all skills

Skills: Defensive Shuffle, One Hand Set Shot, Cross-Over Dribble, Over Head Pass (TA form)

Concepts: teamwork

Activity: Modified Game 5 on 5

