

Lower Grade Basketball Activities

Summary

Children will gain experience with a basketball and proper techniques.

Group Size

Pairs

Life Skills

Communication, Social & Civic Responsibility

Materials

One basketball for every two children.

Intended Learning Outcomes

Students should be able to demonstrate basic knowledge about how to use a basketball properly.

Instructional Procedures

Model the following techniques before asking the students to perform them:

- Self-toss a basketball and catch it before it bounces twice.

- While sitting on the floor, roll a ball back and forth between your partner.

- Count by numbers, months of the year or alphabet.

- Dribble a ball, using your fingerpads, (area underneath fingernails).

- Stand, feet together, and self-roll a ball around your feet.

- Underhand toss a ball to your partner.

- Perform a basic bounce pass to your partner.

- Dribble around your partner.

- Dribble a ball from a kneeling or seated position.

- Toss the ball underhand or overhand toward a target to improve your throwing skills.

- Catch a ball using properly positioned hands.

- Dribble the ball continuously and with control.

Strategies for Diverse Learners

If a student is afraid of catching a ball, have their partner literally hand the ball to them while still showing proper form or use a softer ball.

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