

VIDYA DEVI JINDAL SCHOOL, HISAR
SPORTS CURRICULUM PLANNING (2020-21)

JUNIOR: IV-VIII

SENIOR: IX-XII

NAME OF THE SPORT: BASKETBALL

TEACHER IN CHARGE: CHANDRA MOHAN SINGH

STRENGTH: 115 Students

SENIOR: - 70

JUNIOR: - 45

SENIOR CAPTAIN: JIYA BIRARA, ADM NO, 8278 CLASS, -XII-E

JUNIOR CAPTAIN: SHIPRA SHARMA, ADM NO, 8772 CLASS, -VIII-B

LEARNING OBJECTIVES:

- Identification and application of basic basketball skills.
- Demonstrate the six basic basketball skills of running, jumping, passing, catching, dribbling and shooting
- Demonstrate proper etiquette, discipline and good sportsmanship.
- Assess basketball in terms of fitness value.
- Consistently responds offensively and defensively to the opponent's play.
- Effective communication.
- Knowledge about the rules of the basketball.
- Spirit of competing and winning fairly.

CONTENT:

MONTH	CONTENT
December	Handling and Passing <ul style="list-style-type: none">• Chest pass, Baseball pass, Underhand pass, Overhead pass, Bounce pass, and Back pass. Pivoting and Dribbling <ul style="list-style-type: none">• high dribble• Low dribble
January	Shooting <ul style="list-style-type: none">• Two hand shot• Layup shot• Jump shot Rebounding and Defense
February	Dodge <ul style="list-style-type: none">• By speed, By escape Offensive strategy <ul style="list-style-type: none">• Faking, Screening Defensive attack <ul style="list-style-type: none">• Blocking, Tackling, Guarding• Man to man defense.

ASSESSMENT:

Attendance : 10

Skill : 10

Viva : 10

Mode of Assessment

- Attendance: - It will be calculated on the monthly basis.
- Skill test: - Any skill will be provided to students for performing during assessment.

Viva: Monthly

- Rules of the game.
- Dimensions of the court
- Skill applied on the game