

Physical Education

Quarter 1 – Module 4: Nature and Background of Team Sports



Physical Education – Grade 8
Alternative Delivery Mode
Quarter 1 – Module 4: Nature and Background of Team Sports
First Edition, 2020

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Physical Education

Quarter 1 – Module 4: Nature and Background of Team Sports

Introductory Message

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.



What I Need to Know

This module was designed and written with you in mind. It is here to help you master the nature and background of team sports. The scope of this module permits it to be used in many different learning situations. The language used recognizes the diverse vocabulary level of students. The lessons are arranged to follow the standard sequence of the course. But the order in which you read them can be changed to correspond with the textbook you are now using.

This module contains:

Lesson 1: Nature and Background of Team Sports

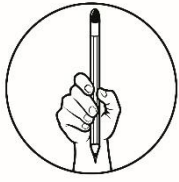
1.1 - Introduction to Team Sports

1.2 - Nature and Background of Basketball

1.3 – Basic Skills in Playing Basketball

After going through this module, you are expected to:

1. describe the nature and background of team sports (PE8GS-1d-1);
 - a. discuss the nature and background of the sport;
 - b. differentiate the different sports skills from one to another;
2. execute the skills involved in team sports (PE8GS-Id-h-4);
 - a. demonstrate the different skills involved in the team sport;
 - b. develop skills in participating in indoor and outdoor sports;
 - c. imitate skills in every particular sport; and
 - d. appraise the best skills for the sport.



What I Know

Directions: Read the questions carefully. Choose the letter of the correct answer. Write your answers on a separate sheet of paper.

1. Who invented basketball?
 - A. Bill Russel
 - B. James Naismith
 - C. Michael Jordan
 - D. William Morgan
2. Which team sports wherein the objective is to shoot a ball through a basket horizontally positioned to score points while following a set of rules?
 - A. baseball
 - B. basketball
 - C. softball
 - D. volleyball
3. Which of the following basketball basic skill requires the player to move around the court while he/she is in the possession of the ball?
 - A. dribbling
 - B. rebounding
 - C. shooting
 - D. throwing
4. Which of the following is NOT the basic skill in playing basketball?
 - A. catching
 - B. dribbling
 - C. rebounding
 - D. shooting
5. What do you call a violation made in a basketball game?
 - A. foul
 - B. illegal
 - C. legal
 - D. strike
6. Which type of foul occurs when defenders make illegal contact with their opponents?
 - A. defensive foul
 - B. offensive foul
 - C. personal foul
 - D. technical foul
7. Which important factor is essential for effective dribbling?
 - A. keep the eyes on the ball
 - B. go fast as possible
 - C. bounce the ball waist high
 - D. maintain control

8. Which of the following is the correct position to guard an opponent in playing basketball?
 - A. Face the opponent rather than the ball
 - B. Guarding as close to the opponent as possible.
 - C. Playing the opponent slightly to the right.
 - D. Stay between the opponent and the basket.
9. Why are rules and regulations essential in playing basketball?
 - A. help players safe and prevent any harm
 - B. provide an agreement of understanding to competition
 - C. preserve peace
 - D. All of the above
10. Paul and Alex are in opposite teams. Alex shoots and misses that ball, then Paul jumps and gets the rebound. What kind of rebound would this be?
 - A. defensive
 - B. offensive
 - C. Both A and B
 - D. None of these
11. Which of the following basketball equipment and facilities is correctly described?
 - A. Basket is made up of vertical circular metal rim. With a net hanging from it. It is mounted 3.05 m above floor level.
 - B. The basketball is an inflated sphere with an outer covering. It is 70 to 75 cm in circumference and weighs 600-650 grams.
 - C. The size of the court depends on the playing level. The size of the court for NBA and college games is 94 feet and 50 feet wide. It is smaller for high school and junior high.
 - D. All of the above
12. Which of the following facilities and equipment required for basketball?
 - A. backboard, ball, basket, bat, court
 - B. backboard, ball, basket, court, rocket
 - C. backboard, ball, basket, court, shoes
 - D. backboard, ball, basket, court, gloves
13. Which is NOT a safety suggestion when playing basketball?
 - A. Follow the rules and play fairly.
 - B. Hang or swing on a basketball ring.
 - C. Know and use the right techniques for passing, jumping, landing and shooting.
 - D. Know how to use the equipment properly.
14. Which of the following is NOT true about playing basketball?
 - A. It enhances cardiorespiratory fitness and self-esteem.
 - B. It improves motor coordination, flexibility, and endurance.
 - C. It has a negative effect on promoting a healthy body weight.
 - D. It promotes sportsmanship and respect to others.
15. Which statement best described team sports?
 - A. It is an activity composed of two to three players in a group.
 - B. It is an activity in which group of an individual work differently to win.
 - C. It is an activity in which group of an individual on the same team work together to accomplish with an ultimate goal which is usually to win.
 - D. Both A and C

Lesson

1

Nature and Background of Team Sports

In this module, you will learn about the nature and background of team sports. It is important for you to know about this topic to help you in performing different sports activities.



What's In

Directions: List down at least three team games/sports you have played. Write your answers on a separate sheet of paper.

- 1.
- 2.
- 3.



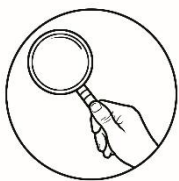
What's New

Directions: Examine the picture and answer the questions that follow. Write your answers on a separate sheet of paper.



Source: Fajardo 'scoots' way to record 6th PBA MVP plum@Philstar.com.

1. Who is the Filipino professional basketball player known for his nickname "The Kraken"?
2. What team in the PBA he plays for?
3. What is your favorite team sports? Why?



What is It

1.1 - Introduction to Team Sports

A team sport is an activity in which individuals on the same team, work together to win. It promotes fair play and builds character of an individual. Basketball, volleyball, baseball and other team sports emphasize the necessity of working together to achieve goals. Players learn first-hand to achieve success through hard work, perseverance, and consistency. The reward in playing the game is shown by planning from practice to playing the game--win or lose.

These are three team sports that you be will learning in your grade level namely: basketball, volleyball and baseball. Basketball is a team sports for players tries to score points by throwing a ball through high hoop. Volleyball is a game that challenges the players' skills in the use of hands and agility in jumping, twisting, reaching, and hitting. Baseball is a team sport played between two to nine players team. The objective or goal in baseball is to score runs.

Team sports help students develop character and skills. Teamwork is a skill we use our whole life. So it is important to learn the basic early. Playing team sports at young age allows children to participate in social activities, interact and work together, to achieve goals and build skills such as teamwork and leadership.

1.2 - Nature and Background of Basketball

Basketball is a team sport, wherein the objective is to shoot a ball through a basket horizontally positioned to score points while following a set of rules. Usually, two teams of five players play on a marked rectangular court with a basket at each width end. Basketball is one of the world's most popular and widely viewed sports.

A regulation basketball hoop consists of a rim 18 inches in diameter and 10 feet high mounted to a backboard. A team can score a field goal by shooting the ball through the basket during regular paly. A field goal scores two points for the shooting team if a player is touching or closer to the basket than the three-point line, and three points (known commonly as a **3-pointer or three**) if the player is behind the three-point line. The team with the most points at the end of the game wins, but additional time (overtime) may be issued when the game ends with draw. The ball can be advanced on the court by bouncing it while walking or running (dribbling) or throwing (passing) it to a team mate. It is a violation to move without dribbling the ball (travelling), to carry it, or to hold the ball with both hands than resume dribbling (double dribble).

Various violations are generally called "fouls." Disruptive physical contact (a personal foul) is penalized, and a free throw is usually awarded to an offensive player if he is fouled while shooting the ball. A technical foul may also be issued when certain infractions occur, most commonly for unsportsmanlike conduct on the part of a player or coach. A technical foul gives the opposing team a free throw. Moreover, the opposing team retains possession of the ball.

Basketball has evolved many commonly used techniques of shooting, passing, dribbling, and rebounding, as well as specialized player positions and

offensive and defensive structure (player positioning) and techniques. Typically, the tallest members of a team will play “center,” “power forward,” or “small forward” positions, while shorter players or those who possess the best ball handling skills and speed play “point guard” or “shooting guard.”

While competitive basketball is carefully regulated, numerous variations of basketball have developed for casual play. Competitive basketball is primarily an indoor sport played on a carefully marked and maintained basketball court, but less regulated variations are often played outdoors in both inner city and remote areas.

History

Basketball was invented by James Naismith, Canadian clergyman, educator, and physician in Springfield, Massachusetts on December 1891. The first ball used was a soccer ball played by nine players, and the goals were wooden peach baskets affixed to the walls. By 1897-1898, teams of five became standard.

The game rapidly spread worldwide and to Canada and other parts of the world, played by both women and men; it also became a popular informal outdoor game. U.S. servicemen in WWII (1939-1945) popularized the sport in many other countries.

Basketball was introduced in the Philippines during the American colonial period with the first American teachers teaching the sport along with baseball through the YMCA and the school system. Basketball was first introduced to the Philippine public school system by the Americans as a women's sport in 1910 and was played in interscholastic meets in 1911 until 1913. Women's basketball met opposition from conservative groups, particularly the Catholic Church who view bloomers worn by women basketball players as inappropriate. By the time skirts were allowed to be worn above bloomers as a compromise, women's basketball was already in decline and was only played in provincial and local interscholastic meets. Indoor softball as well as volleyball became the more preferred sport for Filipino women.

The first men's national team – organized in the 1910s – won the first Far Eastern Championship Games in 1913. In all but one of the ten editions of the games, the national team won the gold medal.

The National Collegiate Athletic Association (NCAA), which had basketball as its main sport, was established in 1924.

The Philippines became a member of FIBA through the Basketball Association of the Philippines in 1936. The Philippines made their debut in the Olympic Games in 1936 where they finished fifth, the best result of an Asian team in Olympic basketball history. In the same year, the first basketball stamp in the world was released by the country. The first commercial league was the basketball tournament of the Manila Industrial and Commercial Athletic Association (MICA) which was established in 1938.

The Philippines became an independent country in 1946, and in the 1950s, the national team did well in international tournaments. The Philippine team won the gold medal at the Asian Games in 1951, the first-time basketball was played. The Philippine basketball team dominated the Asian Games until 1962. In the 1954 FIBA World Championship the Philippines placed third, winning the bronze medal, the best performance by an Asian team in the World Championship.

After missing the first FIBA Basketball World Cup (known through 2010 as the FIBA World Championship) that was held in 1950 in Argentina, the Philippines participated in the 1954 FIBA World Championship held at Rio de Janeiro, Brazil. The Philippines finished with a 5–2 win-loss record in the Final Round games, and captured the bronze medal. The third place-finish is still currently the best finish by an Asian country in the World Cup. Carlos Loyzaga finished as the world tournament's third leading scorer (148 points/16.4 points per game) and was named in the FIBA World Mythical Five Selection.

In the 1960s, the first FIBA Asia Championship was won by the Philippines with Carlos Badion as the tournament's Most Valuable Player.

Meanwhile, the Philippines won the right to host the third FIBA World Championship, but were suspended after then-President Diosdado Macapagal, father of former President Gloria Macapagal Arroyo, refused to issue visas to players from communist countries (notably basketball powerhouse Yugoslavia and the Soviet Union).

The Philippines' dominance in sport waned after Carlos Loyzaga's retirement, and had performed poorly in the Olympic Games where the national team was unable to break into top-10 positions. However, the country continued to play competitively in the Asian and World Championships.

The commercial league model pioneered by the MCAA continued with the Philippine Basketball Association (PBA) in 1975 and the Philippine Amateur Basketball League (PABL) in 1983. The PBA is the first professional basketball league in Asia and the second oldest in the world after the NBA. The league's regulations are a hybrid of rules from FIBA and the NBA. The league was inaugurated on April 9, 1975. The PABL was established to fill the void created after the collapse of the MCAA in 1981.

In 1978, the Philippines hosted the FIBA World Championship, marking the first time that the international tournament was held in Asia.

The Philippines was suspended by FIBA in 2005 due to a leadership crisis which affected the former national basketball association of the country – the Basketball Association of the Philippines.

In 2007, the Samahang Basketbol ng Pilipinas became the newly recognized national basketball body for the Philippines by FIBA.

Rules in Playing Basketball

1. Timing Regulation

1.1 For Secondary Level/Boys/Girls Category:

The official FIBA 2017 Rules shall apply with the latest amendments.

1.2 For both Elementary and Secondary Categories:

The interval between periods, is one (1) minute while interval between halves is five (5) minutes.

2. Exemptions:

- In case of Injury/Disqualification:
- (in the 1st/2nd Period) an injured player may be substituted by any player, and as such said “substitute player and injured player” will be considered as having played in that particular period.

- The “injured player” upon recovery may re-enter in the period or may play in any period following Sec. 1, Rule IV.

Important reminder: Whenever possible and if the rules will allow, every period shall be played always with five (5) players.

2.2 – In case of Disqualification:

- 2.2.1 - A thrown-out player must leave the confines of the play area.
- 2.2.2 - A player/coach who is “Ejected/ Thrown-out” as a result of disqualifying foul due to Flagrant Foul/ Fighting or the like, subject player shall be automatically suspended.
- 2.2.3 - Any team member who is “Disqualified” due to a) 2 Unsportsmanlike Foul; b) 2 to 3 Technical Fouls by a coach/player, is different from the above provision and game/s suspension may be slapped only upon the strict scrutiny and evaluation of the Technical Committee.

3. Fouls

- 3.1 - Technical fouls any player/coach who displays unsportsmanlike/ disrespectful act such as slashing of neck, showing of dirty fingers, pointing of accusing finger and trash talking/ shouting bad words/foul language, contesting calls, arguing with the officials and others. A warning maybe given or technical foul shall be slapped.
- 3.2 - Personal fouls occur when defenders make illegal contact with their opposing playmates, which gives an unfair advantage and such contact are neither intentional nor flagrant. If an opponent is in the act of shooting, free-throws are awarded. In high school, five personal fouls warrant a fouled out.

4. Games Disruption

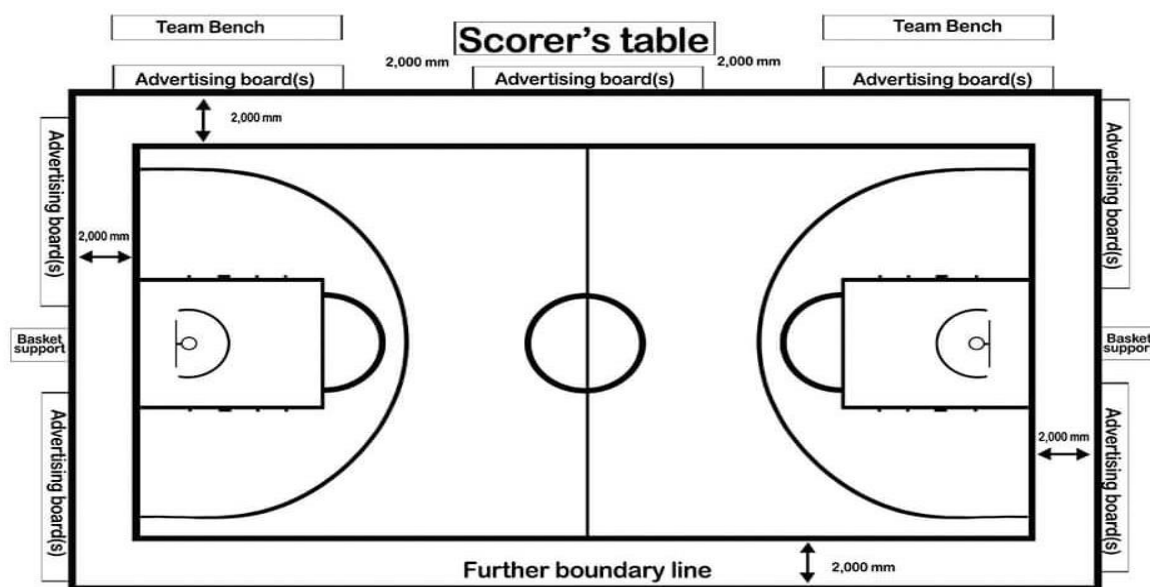
Games which are cancelled/ disrupted / stopped due to “Force Majeure” or for any valid reasons will be treated in the following manner:

- 4.1 – Rematch – if the disruption of the game took place during the first half (1st and 2nd periods), game shall be replayed and the scores is disregarded/back to zero.
- 4.2 – Resumption – if the disruption of the game took place during the second half (3rd and 4th periods), the game shall be resumed with the remaining game time and the scores stays.
- 4.3 – Reset – if a scheduled game was cancelled for a valid reason, the management will re-schedule/reset the game at the bottom of all the scheduled games, and if the game result is no bearing already such game may not be played anymore.
- 4.4 – Duration of Waiting – in case of a power failure or any incident (rain or darkness) that may affect the progress of the game, the length of time to wait for the restoration of normalcy is 30 minutes or as may be allowed by the Tournament Manager or his authorized ATM.

5. Special Provisions

The Tournament Manager reserves the right to make any decision on matters that affects the conduct of the tournament and which subject/concern is not covered/specified in this ground rules.

Facilities and Equipment in Basketball



Illustrated by: Glecerio Dano

A. Basketball Court

Court Dimensions

The size of the court depends on the playing level. The size of the court for NBA and college games is 94 feet and 50 feet wide. It is smaller for high school and junior high.

The playing court shall be marked by:

- 50 mm lines, as per the Official Basketball Rules.
- A further boundary line in a sharply contrasting color and having a minimum width of 2,000 mm.

The Backboard and Rim

The regulation height above the ground for the rim (hoop) is 10 feet and the rim is 18 inches in diameter. Backboards are six feet wide (72 inches) by 42 inches tall, with the inner square being 24 inches wide by 18 inches tall.

The Foul Line

For all size courts the 'foul line' is 15 feet in front of the backboard.

The Key

The key is 12 feet wide, and is the same for all basketball courts. The backboard extends four feet out over the baseline into key. A half circle of diameter 6 feet extends from the foul line away from the basket to complete the key.

The 3-Point Line (Arc)

For NBA Basketball Courts the 3 point arc is 22 feet to the center of the rim on the sides with a straight line extending out 16 feet 9 inches from the baseline. Past those points, the line extends out 23 feet 9 inches from the center of the rim.

Line Markings

All line markings on the floor are two inches wide and can vary in color.

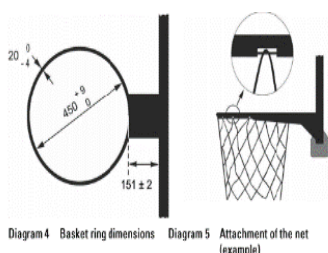
B. Ball



The basketball is an inflated sphere with an outer covering. It is 75 to 78 cm in circumference and weighs 600-650 grams. It must be made of leather in the official FIBA competitions. The size of the ball for Secondary Girls and Elementary Levels shall be size 6 while for Secondary boys shall be size 7.

Illustrated by: Glicerio Dano

C. Basket Ring

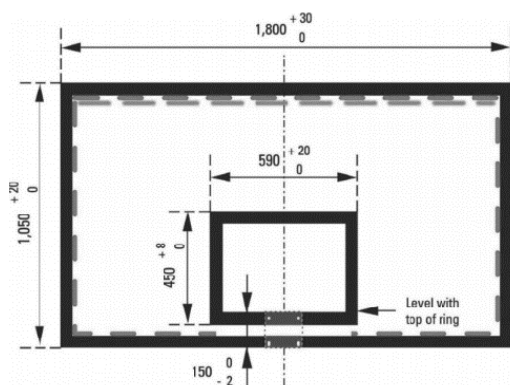


Illustrated by: Glicerio Dano

Basket is also called goal. The ring shall be made of solid steel and shall:

- Have an inside diameter of a minimum of 450 mm and a maximum of 459 mm.
- Have its metal a minimum of 16 mm and a maximum of 20 mm in diameter.
- The net shall be attached to each ring in 12 places.

D. Backboard



Illustrated by: Glicerio Dano

The backboard shall be made of non-reflective laminated safety glass or tempered glass, with a thickness of between 11.8 mm and 13.5 mm, with a flat front surface and shall:

- Have a protective framework of the backboard support structure around the outer edge. Be manufactured such that, if broken, the pieces of do not split off or cause any risk of injury.

The backboards shall measure 1,800 mm (+ a maximum of 30 mm) horizontally and 1,050 mm (+a maximum of 20 mm) vertically, including the frame.

E. Shoes

High-topped shoes



Illustrated by: Glicerio Dano

1.3 - Basic Skills in Playing Basketball

A. Dribbling



Dribbling in playing basketball is a skill that a player should master. It allows the player to move around the basketball court while he or she is in the possession of the ball. It is one way of allowing the player to advance with the ball and make a score instead of passing it to a teammate to shoot in the basket.

Illustrated by: Glicerio Dano

This is how it is done:

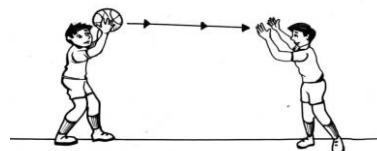
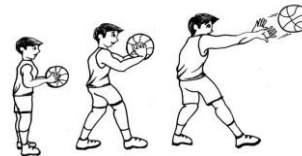
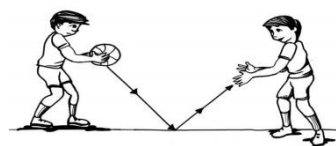
1. Dribble the ball with hand and use only the tips of your finger in dribbling it.
2. Employ the wrist and the forearm to push the ball while covering the court.
3. Don't involve the whole hand to avoid losing control of the ball
4. Don't keep your fingers in touch with each other while dribbling.
5. Spread your finger to allow full control of the ball as it dribbles.
6. Dribble the ball in one side of your body and not right in front.
7. While dribbling in one hand, use the other hand to drive your defender away from the ball.

B. Passing

One of the primary skills in playing basketball is passing. It is a skill that maximizes the involvement of all players in setting up a play to earn successful shoots and earn points for the whole team.

The types of pass are the following:

1. **Bounce pass** is thrown to the floor so that it bounces to the receiver.
2. **Chest pass** originates from the thrower's chest to the receiver's chest.
3. **Overhead pass** originates from the forehead of the player.



Illustrated by: Glicerio Dano

This is how passing is done:

- a. In executing bounce passes, calculate about 3/3 distance from the receiver as the hitting point so that the ball bounces right to your receiver. But for

better accuracy, you have to experiment by yourself because the bounces is directly proportional with how strong the ball hits the floor.

- b. A good pass is a pass a teammate can catch.
- c. When passing, step toward your receiver.
- d. When catching, step toward the pass.
- e. Like shooting, the ball should have a backspin to it. This is accomplished by following through on every pass.

C. Rebounding

Rebounding is one of the most important aspects of the basketball game which enables the player to jump with power to get the ball as it bounces to the rim after a failed shot before it touches the floor. Whenever the player grabs a rebound, he or she gains a chance to shoot again the ball while the other team loses it.



Illustrated by: Glecerio Dano

This is how to make a good rebound:

- 1. Practice good footwork and vertical leap or jumps.
- 2. Anticipate where the ball will land.
- 3. The longer the shot or the harder the rim, the farther the bounces.
- 4. When a shooter is a soft shooter, this means he/she always takes time to put an arc on his/her shots. The ball bounces near the ring.
- 5. When a shooter is a hard shooter, this means there is a little or no arc on his/her shots, then the ball bounces far from the ring.
- 6. Leg power and strong body are needed in rebounding that is why it is essential that the strength and power exercise should be considered to conditioning your body.

D. Running

Running is one of the basic skills that a player should possess, because in this sport, speed defines the best. Whether you're on the offensive or defensive side of the game, passing, receiving, shooting, or rebounding a ball, you always have to run in any way possible. Here are some tips for you to improve your running skills:



Illustrated by: Glecerio Dano

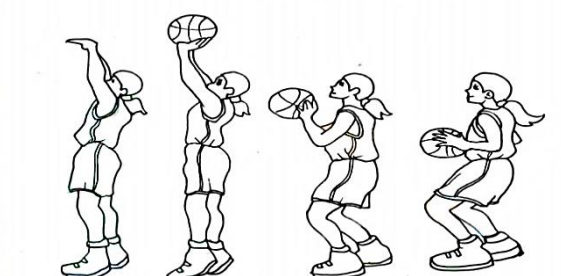
- 1. Always have a good pair of playing shoes.
- 2. Always do a combination of dynamic stretching and warm-up activities across the court before going out to play a game. These exercises have been introduced to you when you were in Grade 7 but in case you have forgotten them already, here they are:

Dynamic Stretching

- Toe Walk Shuffle
- Heel Walk Back Pedal
- Inch Walk Jogging
- High Knees Carioca
- Butt Kicks Jumping Jacks

E. Shooting

The first basic skill to be learned in playing basketball is shooting. Every basketball player loves to shoot the ball into the basket. Players spend a good time of their practice on shooting drills to improve their skills.



Remember the BEEF

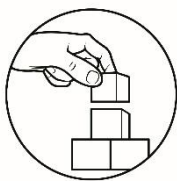
Illustrated by: Glecerio Dano

(Balance, Eyes, Elbow, Follow-through) when shooting the ball.

1. Be relaxed and concentrate on the basket.
2. Know when you have a good shot and then take it.
3. Be in proper balance when shooting the ball.
4. Follow through on every shoot you take.
5. Jump naturally.
6. “Up, hang, shoot!” is an easy way to remember this.
7. Make sure you have an arc on every shoot you take.
8. Be relax when shooting free throws.
9. Practice all of your shots.

Safety Rules for Basketball

1. No player may swing his elbows in an attempt to secure the basketball, particularly when the player executes a rebound.
2. Players who are up in the air and in a vulnerable position while shooting or rebounding are not in a position to defend themselves.
3. No players are allowed to wear jewelries while playing basketball.
4. The location must be safe, the court should be kept dry and free of obstacles around its perimeter, as players’ momentum can occasionally carry them off the court.
5. Wear the right protective gear such as mouth piece and proper court shoes.
6. Basketball safety tips also include knowing your fitness level and limits.
7. The basketball facility should also have an available first-aid kit, and at least one coach or parent volunteer should be versed in basic first aid.



What's More

Activity 1. Describe Me

Directions: Match the word in Column A to its description in Column B. Write the letter of your answers on a separate sheet of paper.

Column A

- _____ 1. Team Sports
- _____ 2. Basketball
- _____ 3. Volleyball
- _____ 4. Baseball
- _____ 5. Teamwork

Column B

- A. This is a team sport wherein the objective is to shoot the ball through a basket.
- B. It means that players will try to cooperate, using their individual skills in providing constructive feedback.
- C. It is an activity in which individuals on the same team, work together to win.
- D. It is a team sport that challenges the players' skills in the use of hands and agility in jumping, twisting, reaching, and hitting.
- E. It is a team sport played between two to nine players team. The objective or goal in baseball is to score runs.
- F. It is an activity done by an individual in the different team.

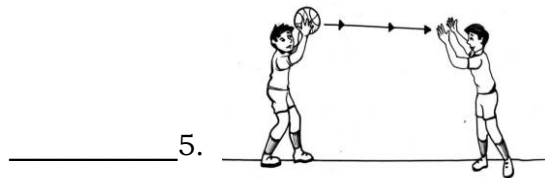
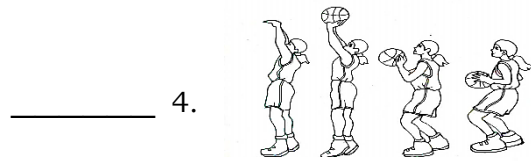
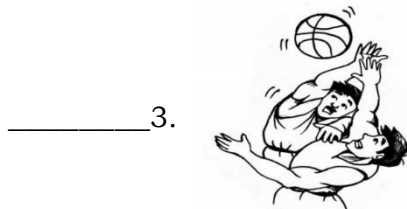
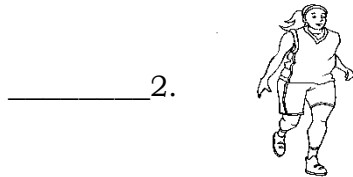
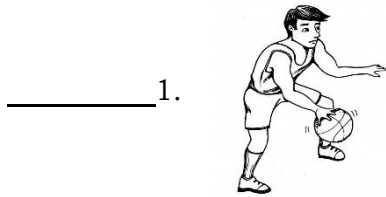
Activity 2: True or False

Directions: Write **True** if the statement is correct and **False** if not. Write your answers on a separate sheet of paper.

- _____ 1. Basketball was invented by William Morgans on 1891.
- _____ 2. Five players are assigned to opposing teams, with each team made up of a point guard, shooting guard, small forward, power forward and center.
- _____ 3. Personal fouls occur when defenders make legal contact with their opponents.
- _____ 4. Basketball court, ball, basket, blackboard and shoes are the facilities and equipment in playing basketball.
- _____ 5. Basketball was first introduced to the Philippine public school system by the Americans as a women's sport in 1910 and was played in interscholastic meets in 1911 until 1913.

Activity 3: Watch the Basic

Directions: Identify the basketball skills shown below. Write your answers on a separate sheet of paper.



Illustrated by: Glecerio Dano

Activity 4. Skills Development

Directions: Look for a local basketball court at home or in your locality. Execute the different skills in basketball by yourself or with any of the household members. Observe the health protocols. After performing the drill, put a checkmark (/) to the column YES or NO that corresponds to your performance on the assessment table. Write your answers on a separate sheet of paper.

Play Stations

You will be given five skill stations for you to perform a particular skill based on the demonstration given in the activity.

You will need the following:

1. ball
2. playing area with a ring and board
3. partner or group
4. a good pair of playing shoes

Basic skills to be learned are:

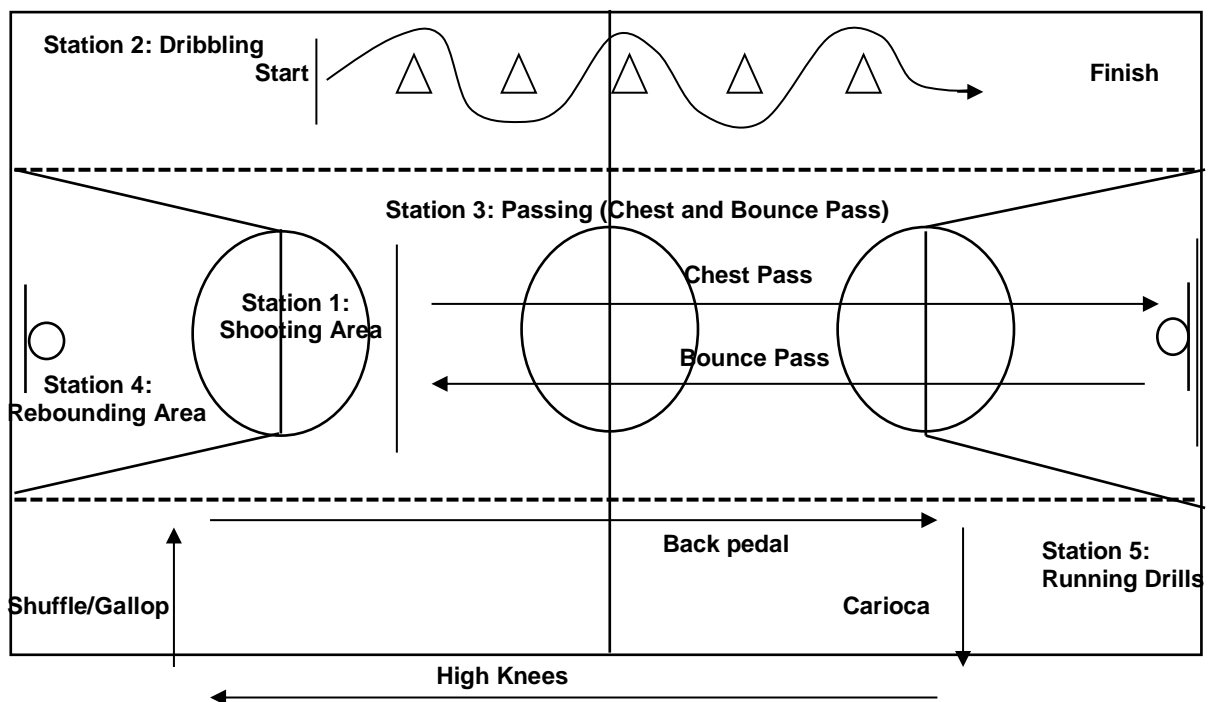
- | | |
|--------------|---------------|
| 1. shooting | 4. rebounding |
| 2. dribbling | 5. running |
| 3. passing | |

Procedure:

1. Consider the following before starting the activity: proper basketball attire, warm-up exercises, and safety precautions.
2. Proceed to the open ground or localized basketball court where the five corresponding stations for each basic skill are set. Refer to the drill illustration for guidance.
3. You should pass through each station following the drill lessons on basic skills. After undergoing the drill lesson in one station, move to the next station so that you will experience all the drill lessons provided.
4. You should do well in this activity because your performance will be assessed.

Drill Sequence of Playing Basketball:

Team Sports	Station I	Station II	Station III	Station IV	Station V
Basketball	Shooting	Dribbling	Passing	Rebounding	Running

Drill Illustration:

Illustrated by: Glicerio Dano

Performance Assessment Table

Skills in Basketball	Skills Performance	Yes	No
1. Dribbling	Dribbles the basketball with good control and proper positioning.		
	Dribbles with finger pads, knees bent.		
2 Passing	Passes the ball correctly.		
	Completes the pass to a teammate.		
3.Rebounding	Rebounds the ball correctly.		
	Practices footwork and vertical leap or jumps.		
4. Running	Maximizes speed while playing.		
	Maximizes agility while playing.		
5. Shooting	Shoots the ball correctly.		
	Shoot the ball Successfully		



What I Have Learned

Directions: Arrange the letters in the box to form the correct word. Write your answer on a separate sheet of paper.

_____ 1. It is a skill that maximizes the involvement of all players in setting up a play to earn successful shoots and earn points for the whole team.

N G I P S A S

_____ 2. It occurs when defenders make illegal contact with their opponents.

L A N O S R P E

O U L F

_____ 3. It is made up of horizontal circular metal rim.

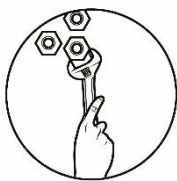
E T A B S K

____ 4. Basketball was introduced in the Philippines during the ____ colonial period.

M A R I E N C A

____ 5. It will happen if the disruption of the game took place during the first half.

H C T A M E R



What I Can Do

Across the Skills

Directions: Choose one skill from the basic skills in basketball. Make an acrostic of that basic skill focused on values which will contribute to a successful teamwork. Refer to the example below. Write your answers on a separate sheet of paper.

Example: **SHOOTING**

S – Self-sacrificing

H – Honesty

O – Optimistic

O – Obedient

T – Time conscious

I – Intelligent

N – Nice

G – Generous

Refer to the rubric below for your score.

	4	3	2	1
Focus	The acrostic is well developed and relates to the topic.	The acrostic relates to the topic.	The acrostic somewhat relates to the topic	The acrostic does not relates to the topic
Spelling	No spelling errors.	1 to 2 spelling errors.	3 to 4 spelling errors.	5 or more spelling errors.

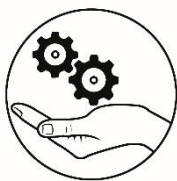


Assessment

Directions: Read the questions carefully. Choose the letter of the correct answer. Write your answers on a separate sheet of paper.

1. Who invented basketball?
 - A. Bill Russel
 - B. James Naismith
 - C. Michael Jordan
 - D. William Morgan
2. Which team sports wherein the objective is to shoot a ball through a basket horizontally positioned to score points while following a set of rules?
 - A. baseball
 - B. basketball
 - C. softball
 - D. volleyball
3. Which of the following basketball basic skill requires the player to move around the court while he/she is in the possession of the ball?
 - A. dribbling
 - B. rebounding
 - C. shooting
 - D. throwing
4. Which of the following is NOT the basic skill in playing basketball?
 - A. catching
 - B. dribbling
 - C. rebounding
 - D. shooting
5. What do you call a violation made in a basketball game?
 - A. foul
 - B. illegal
 - C. legal
 - D. strike
6. Which type of foul occurs when defenders make illegal contact with their opponents?
 - A. defensive foul
 - B. offensive foul
 - C. personal foul
 - D. technical foul
7. Which important factor is essential for effective dribbling?
 - A. keep the eyes on the ball
 - B. go fast as possible
 - C. bounce the ball waist high
 - D. maintain control

8. Which of the following is the correct position to guard an opponent in playing basketball?
 - A. Face the opponent rather than the ball
 - B. Guarding as close to the opponent as possible.
 - C. Playing the opponent slightly to the right.
 - D. Stay between the opponent and the basket.
9. Why are rules and regulations essential in playing basketball?
 - A. help players safe and prevent any harm
 - B. provide an agreement of understanding to competition
 - C. preserve peace
 - D. All of the above
10. Paul and Alex are in opposite teams. Alex shoots and misses that ball, and then Paul jumps and gets the rebound. What kind of rebound would this be?
 - A. defensive
 - B. offensive
 - C. Both A and B
 - D. None of these
11. Which of the following basketball equipment and facilities is correctly described?
 - A. Basket is made up of vertical circular metal rim. With a net hanging from it. It is mounted 3.05 m above floor level.
 - B. The basketball is an inflated sphere with an outer covering. It is 70 to 75 cm in circumference and weighs 600-650 grams.
 - C. The size of the court depends on the playing level. The size of the court for NBA and college games is 94 feet and 50 feet wide. It is smaller for high school and junior high.
 - D. All of the above
12. Which of the following facilities and equipment required for basketball?
 - A. backboard, ball, basket, bat, court
 - B. backboard, ball, basket, court, rocket
 - C. backboard, ball, basket, court, shoes
 - D. backboard, ball, basket, court, gloves
13. Which is NOT a safety suggestion when playing basketball?
 - A. Follow the rules and play fairly.
 - B. Hang or swing on a basketball ring.
 - C. Know and use the right techniques for passing, jumping, landing and shooting.
 - D. Know how to use the equipment properly.
14. Which of the following is NOT true about playing basketball?
 - A. It enhances cardiorespiratory fitness and self-esteem.
 - B. It improves motor coordination, flexibility, and endurance.
 - C. It has a negative effect on promoting a healthy body weight.
 - D. It promotes sportsmanship and respect to others.
15. Which statement best described team sports?
 - A. It is an activity composed of two to three players in a group.
 - B. It is an activity in which group of an individual work differently to win.
 - C. It is an activity in which group of an individual on the same team work together to accomplish with an ultimate goal which is usually to win.
 - D. Both A and



Additional Activities

Reflection/ Realization

Directions: Complete the sentences below. Write your answers on a separate sheet of paper.

Three things that I learned from the lesson

1. _____.

2. _____.

3. _____.

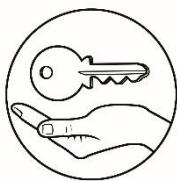
Two things that I liked from the lesson

1. _____.

2. _____.

One question I still want to ask

1. _____.



Answer Key

What I Know 1. B 2. B 3. A 4. A 5. A 6. C 7. D 8. D 9. D 10. A 11. C 12. C 13. B 14. C 15. C	What's New 1. June Mar Fajardo 2. San Miguel Beermen 3. (Answers may vary) What's More Activity 1 1. C 2. A 3. D 4. E 5. B Activity 2 1. False 2. True 3. False 4. False 5. True	Activity 3 1. Dribbling 2. Running 3. Rebounding 4. Shooting 5. Passing Activity 4: Skill Development Performance Assessment Table (Answers may vary) 1. Yes 2. Yes 3. Yes 4. Yes 5. Yes Yes	What I Have Learned 1. Passing 2. Personal Foul 3. Basket 4. American 5. Rematch What I Can Do (Answers may vary) Additional Activity (Answers may vary)
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Assessment 1. B 2. B 3. A 4. A 5. A 6. C 7. D 8. D 9. D 10. A 11. C 12. C 13. B 14. C 15. C

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