



Welcome to Physical Education!

This is our first year with bilingual teaching so we need to learn several important things about physical activity and sport through English language. Are you ready? Let's go!

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| Unit's name: | BASKETBALL |
| Lesson's Title: | BASKETBALL TIPS: DRIBBLING AND SHOOTING |
| Objectives: | To learn dribbling and shooting types in basketball. To improve speaking, listening and writing English through this unit. |
| Level: | 3º ESO |

ACTIVITIES AND TASKS:

1º Basketball Lessons for Beginners: Basketball Dribbling Tips. Watch the next video and try to describe everything.

<https://youtu.be/eDUXnSkhCi8>

Learn more ways to dribble a basketball in this free training video on basketball for beginners. Expert: Travis Waack Contact: yourorganics.net Bio: Travis Waack has been playing basketball since he was 8. He has played at the junior college level & now coaches his son's team. He still participates in league play & also plays pick up games. Filmmaker: Travis Waack.



2ª Basketball Lessons for Beginners: How to dribble a basketball at high speed.

Watch the next video and try to write the main ideas in order to do the same in practice time.

<https://youtu.be/CCeahKalQAA>

A speed dribble, or dribbling the basketball while running full speed down the court, requires a slightly different form than a low speed dribble. Learn how to dribble a basketball at high speed in this free sports practice video. Expert: Travis Waack Contact: yourorganics.net Bio: Travis Waack has been playing basketball since he was 8. He has played at the junior college level & now coaches his son's team. He still participates in league play & also plays pick up games. Filmmaker: Travis Waack.



3ª Basketball Dribbling Drills : The Left & Right Drill in Basketball. Watch the next video and try to write the main ideas in order to do the same in practice time.

<https://youtu.be/kSpKOY02yCQ>

The left and right basketball drill improves you ball handling skills in both hands. Get expert tips and advice on basketball drills, skills, and rules in this free video. Expert: Curtis Carter Bio: Curtis Carter has worked at the (NAIA) Myers University Spring Basketball Camp for kids in Cleveland, Ohio. Filmmaker: Nili Nathan

MATERIAL AICLE

Departamento de Educación Física

IES Benzaire
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