

# How Basketball Skillastics™ Match the Hawaii State Physical Education Standards

## Grades 6-8

**Standard 1: MOVEMENT FORMS:** Use motor skills and movement patterns to perform a variety of physical activities.

TOPIC: Fundamental Skills

Benchmark PE 6-8.1.1: Use mature (proper) movement forms appropriately in the context of modified games or activities, such as sports, dance, exercise, and gymnastics.

**Basketball Skillastics™** includes movement forms that are consistent with the fundamentals of the game of basketball (i.e. dribbling, ball-handling, shooting and passing).

TOPIC: Modified/Lead-Up Games and Activities

Benchmark PE 6-8.1.2: Use combinations of movement forms in the context of modified games or activities, such as sports, dance, exercise, and gymnastics.

**Basketball Skillastics™** includes a variety of movement forms that will help the student become more proficient at the consistent use of fundamental combinations one needs to be able to accomplish in order to become successful playing the actual game of basketball.

**Standard 2: COGNITIVE CONCEPTS:** Understand movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

TOPIC: Fundamental Skills

Benchmark PE 6-8.2.1: Identify strategies to improve performance of movement skills.

**Basketball Skillastics™** - the student will learn after playing Basketball Skillastics™ how to identify a variety of strategies such as, but not limited to; protecting the ball, holding your follow through on a jump shot, using the strength of your legs to shoot a jump shot to help improve performance.

TOPIC: Team Sports

Benchmark PE. 6-8.2.2: Describe basic strategies for simple and modified activities

**Basketball Skillastics™** - the student will learn 22 different basketball fundamental activities that encapsulate the essential movement forms of the game. Being exposed to this amount of activities will allow the instructor to begin to educate the child on offensive and defensive strategies of the game.

TOPIC: Safety and Play Etiquette

Benchmark PE. 6-8.2.3: Apply rules and etiquette for safe participation in physical activities.

**Basketball Skillastics™** - the student will show respect for self, others and equipment while participating in this program.

**Standard 3: ACTIVE LIFESTYLE:** Participate regularly in physical activity.

TOPIC: Individual, Dual, and Lifetime Activities

Benchmark PE 6-8.3.1: Identify opportunities for physical activity outside of the physical education class.

**Basketball Skillastics™** - the student will learn after engaging in this program how enjoyable it is to learn the fundamental skills of basketball. This enjoyment may encourage the student to seek other ways to participate in basketball outside of school.

TOPIC: Individual, Dual, and Lifetime Activities

Benchmark PE 6-8.3.2: Participate regularly in moderate to vigorous physical activities to meet personal goals.

**Basketball Skillastics™** - The student will learn after engaging in this program which long-term physical activity goal he/she would want to work toward.

TOPIC: Individual, Dual, and Lifetime Activities

Benchmark PE 6-8.3.3: Explain the relationship between a healthy lifestyle and regular participation in physical activities.

**Basketball Skillastics™** - The student will identify this program as an enjoyable activity to help him/her develop and understand long-term, life-time fitness goals.

**Standard 4: PHYSICAL FITNESS:** Know ways to achieve and maintain a health-enhancing level of physical fitness.

TOPIC: Fitness and Conditioning-related Activities

Benchmark PE 6-8.4.1: Describe the principles of training and conditioning and how they affect the components of health-related fitness.

**Basketball Skillastics™** - The student will learn from the instructor after engaging in this program how to identify the heart rate intensity that is necessary to increase aerobic capacity and why increasing aerobic capacity allows one to increase endurance and performance.

TOPIC: Fitness and Conditioning-related Activities

Benchmark PE 6-8.4.2: Set goals for improving the components of personal health-related physical fitness.

**Basketball Skillastics™** - The student will identify this program as an enjoyable activity to help them improve their long-term fitness goals.