



GRADE 10

Basketball 10

SD23 Central Okanagan

Basketball 10 will provide students with an intermediate to advance level of basketball specific fitness & skills. The program will introduce the students to a variety of movements, skills, systems, & strategies related to the game. Special emphasis will be placed on individual skill development & teamwork. The course will be broken down using a variety of individual & team drills. The following fundamental concepts will be covered: dribbling, shooting, attacking & defending principals.

Credits: 4

Approval Date: Oct 2021

Hours: 120

Trax Code: YLRA

GOALS AND RATIONALE

The Basketball 10 course is offered to provide students with opportunity to train & learn basketball specific skills, concepts & strategies at a higher level. The course goal is to enhance a student's understanding of the sport, confidence & self-esteem through individual basketball skills. Many students do not have the financial resources to train at higher levels in the community due to the high cost of club programs. The class is open to players of all genders who have a passion for the game.

BIG IDEAS

Technical & tactical skills promotes lifelong participation. Athletic development requires physical conditioning and mental preparation. Sport specific training can help develop an appreciation for physical activity as part of a healthy lifestyle. Personal growth fosters teamwork, fair play, leadership and a sense of community.

ADDITIONAL INFORMATION

Nutrition, personal planning, & the relationship between athletics & academic achievement will be considered as part of an overall healthy lifestyle. Students will also take part in goal setting & reflection activities. Daily self-evaluations will provide students with immediate reflection & feedback. Mid-term & final assessments will be used to help assess overall student learning & progress.