**Basketball Card Passing**

**Grade Level:** K-6

**Skills:** Students will enhance various passes used in the game of basketball, while utilizing teamwork.

**Objective:** **Standard 4.HD.1:** Describe the skeletal and muscular systems and their basic functions.

**Equipment:** One larger sized ball per pair of students and one or more decks of cards.

**Organization:** Scatter formation with partners facing each other or groups in four corners.

**Activity:** Demonstrate the four different types of basketball passes before scattering the students for the activity. The type of pass they use will depend upon what card they pull from the pile in the middle of the gym. Upon your signal, one partner will dribble quickly toward the pile and choose one card for their task. The students then work as a team to perform the type of pass as dictated by their card. As soon as the task is completed, rotate turns and the other partner retrieves another task card to complete. Complete this procedure until all cards are chosen or you reach a pre-determined time limit.

Hearts = Bounce Pass Diamonds = Chest Pass Clubs = Overhead Pass Spades = Baseball Pass

All face cards are equal to ten, e.g. Ace =10 passes All other numbers take on their own point value.

For Example: I dribble to the middle of the gym, pick-up a card and return. I tell my partner I have an 8 of Hearts, so we would perform 8 bounce passes together. Each team keeps their card and your partner now goes and retrieves another card until the pile is gone.

**Variations:** Total up the number of points your group accumulated. Dribble using your non-dominant hand and retrieve the card with your dominant hand.

**Closure:** What are the 4 different types of passes? (chest, bounce, one hand, overhand)

**Health:**  When throwing passes, how is the skeletal system involved?

 When throwing passes, how is your muscular system involved?

What are their basic functions? Is it important for the skeletal and muscular systems to work together?

**Piloted at:** Heritage