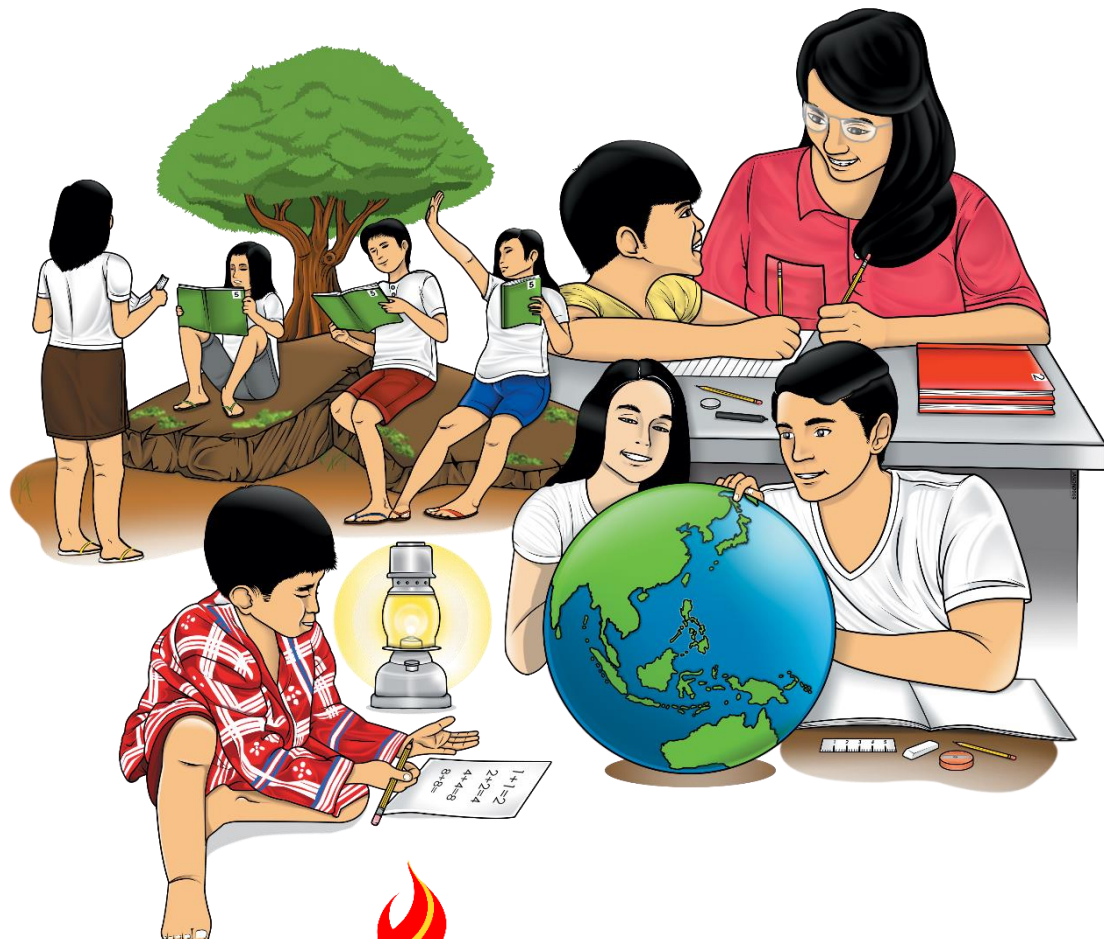


# Physical Education

## Quarter 1- Module 4:

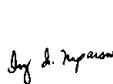






### Introduction to Team Sports



ALTERNATIVE DELIVERY MODE



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**Physical Education – Grade 8**  
**Alternative Delivery Mode**  
**Quarter 1 – Module 4: Introduction to Team Sports**

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**Physical Education**  
**Quarter 1 – Module 4:**  
**Introduction to Team Sports**

# **Introductory Message**

For the Facilitator:

Welcome to Physical Education 8 Alternative Delivery Mode (ADM) Module on Introduction to Team Sports!

This module was collaboratively designed, developed, and reviewed by educators both from public and private institutions to assist you, the teacher or facilitator in helping the learners meet the standards set by the K to 12 Curriculum while overcoming their personal, social, and economic constraints in schooling.

This learning resource hopes to engage the learners into guided and independent learning activities at their own pace and time. Furthermore, this also aims to help them acquire the needed 21<sup>st</sup> century skills while taking into consideration their needs and circumstances.

As a facilitator, you are expected to orient the learners on how to use this module. You also need to keep track of the learners' progress while allowing them to manage their own learning. Furthermore, you are expected to encourage and assist the learners as they do the tasks included in the module.

For the Learner:

Welcome to Physical Education 8 Alternative Delivery Mode (ADM) Module on Introduction to Team Sports!

The hand is one of the most symbolized parts of the human body. It is often used to depict skill, action, and purpose. Through our hands, we may learn, create and accomplish. Hence, the hand in this learning resource signifies that you as a learner are capable and empowered to successfully achieve the relevant competencies and skills at your own pace and time. Your academic success lies in your own hands!

This module was designed to provide you with fun and meaningful opportunities for guided and independent learning at your own pace and time. You will be guided to process the contents of the learning resource while being an active learner.

This module has the following parts and corresponding icons:



***What I Need to Know***

This will give you an idea of the skills or competencies you are expected to learn in the module.



***What I Know***

This part includes an activity that aims to check what you already know about the lesson to take. If you get all the answers correct (100%), you may decide to skip this module.



***What's In***

This is a brief drill or review to help you link the current lesson with the previous one.



***What's New***

In this portion, the new lesson will be introduced to you in various ways such as a story, a song, a poem, a problem opener, an activity, or a situation.



***What is It***

This section provides a brief discussion of the lesson. This aims to help you discover and understand new concepts and skills.



***What's More***

This comprises activities for independent practice to solidify your understanding and skills of the topic. You may check the answers to the exercises using the Answer Key at the end of the module.



### ***What I Have Learned***

This includes questions or blank sentences/paragraphs to be filled in to process what you learned from the lesson.



### ***What I Can Do***

This section provides an activity that will help you transfer your new knowledge or skill into real-life situations or concerns.



### ***Assessment***

This is a task which aims to evaluate your level of mastery in achieving the learning competency.



### ***Additional Activities***

In this portion, another activity will be given to you to enrich your knowledge or skill of the lesson learned. This also tends the retention of learned concepts.



### ***Answer Key***

This contains answers to all activities in the module.

At the end of this module you will also find:

### ***References***

This is a list of all sources used in developing this module.

The following are some reminders in using this module:

1. Use the module with care. Do not put unnecessary mark/s on any part of the module. Use a separate sheet of paper in answering the exercises.
2. Don't forget to answer *What I Know* before moving on to the other activities included in the module.
3. Read the instruction carefully before doing each task.
4. Observe honesty and integrity in doing the tasks and checking your answers.
5. Finish the task at hand before proceeding to the next.
6. Return this module to your teacher/facilitator once you are through with it.

If you encounter any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator. Always bear in mind that you are not alone.

We hope that through this material, you will experience meaningful learning and gain a deep understanding of the relevant competencies. You can do it!



## ***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.

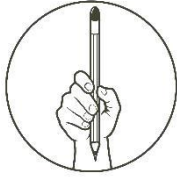
This module contains:

### Nature and Background of Team Sports

- Lesson 1 - Basketball
- Lesson 2 - Let's Develop Our Skills
- Lesson 3 - Let's Develop Our Skills More
- Lesson 4 - Shoot that Ball
- Lesson 5 - Let's Do the Moves

After going through this module, you are expected to:

1. describe the nature and background of sports (PE8GS-1d-1);
2. execute the skills involved in team sports (PE8GS-1d-h-4);
3. monitor periodically progress towards the fitness goals. (PE8PF-1d-h-28); and
4. display tolerance and acceptance of individuals with varying skills and abilities in executing team sports (PE8PF-1d-h-37).



## ***What I Know***

Read the questions carefully. Choose the letter of the correct answer. Write your answers in your activity notebook.

1. 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
2. Which team sports played by two teams of five players on a court?  
A. baseball  
B. basketball  
C. softball  
D. volleyball
3. How many teams of players play basketball on court?  
A. eight  
B. five  
C. four  
D. six
4. 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. jumping  
C. shooting  
D. throwing
5. Which of the following is NOT a skill in playing basketball?  
A. catching  
B. dribbling  
C. jumping  
D. shooting
6. Which of the following does NOT belong to dynamic stretching in basketball?  
A. dribbling  
B. high knees  
C. jogging  
D. toe walk
7. What do you call a violation made in a basketball game?  
A. foul  
B. illegal  
C. legal  
D. strike



8. 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
9. In what city and state was the game of basketball created?
- A. Brooklyn, New York
  - B. Los Angeles, California
  - C. Springfield, Massachusetts
  - D. West Virginia, Virginia
10. Which player is usually the best dribbler of the basketball team?
- A. center
  - B. point guard
  - C. power guard
  - D. small forward
11. What year was basketball invented?
- A. 1851
  - B. 1891
  - C. 1911
  - D. 1976
12. How many points is a basket worth if shot from inside of the 3- point line?
- A. four
  - B. one
  - C. three
  - D. two
13. Who was the inventor of basketball?
- A. Bill Russel
  - B. James Naismith
  - C. Michael Jordan
  - D. William Morgan
14. Which of the following terms are used to classify personal fouls in a basketball game?
- A. blocking
  - B. charging
  - C. holding
  - D. all of the above
15. What pass gives the best control and therefore is the most accurate?
- A. chest pass
  - B. cross court
  - C. lob pass
  - D. one handed

# Lesson 1

## Basketball

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 your physical fitness activities.



### *What's In*

List down at least three team games/sports you have played.

- 1.
- 2.
- 3.



### *What's New*

Examine the picture and answer the questions that follows.



Source: Fajardo 'scoots' way to record 6<sup>th</sup> 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***

## **Nature and Background of Basketball**

Basketball is the world's most well-liked team sports, wherein the target is to shoot a ball through a basket horizontally positioned to earn points while following of rules. it's played with two teams of 5 players played on a marked rectangular court with a basket at each width. Its court has 18 inches in diameter and 10 feet high

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 if the player is behind the three-point line. The team with the foremost points at the top of the sports game wins, but extra time could also be issued when the sport ends with a draw. The ball is advanced on the court by bouncing it while dribbling or passing it to a teammate. It's a violation to maneuver without travelling, to hold it, or to carry with both hands then resume double dribble.

## **History**

This team sport was invented by James Naismith, Canadian clergyman, educator, and physician in 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.

The first pro-league is that the National Basketball League created to guard players from abuse and to possess a less rough game in 1898. The league lasted until five years before disbanding; its demise spawned a range of loosely organized leagues throughout America. Its first and greatest popular teams was the Original Celtics, organized in New York City in 1915. The league played as many as 150 games a season and dominated basketball until 1936.

In 1949, two subsequent professional leagues, the National Basketball League formed in 1937 (and the Basketball Association of America (1946) merged to create the National Basketball /association NBA. The Boston Celtics, led by their center Bill

Russel, dominated the NBA from the late 1950s through 1960s. Wilt Chamberlain, a center for the Los Angeles Lakers, was another leading player during the era, and his battles with Russel were eagerly anticipated. Kareem Abdul-Jabbar, also a center, came to prominence during the 1970s. Jabbar perfected his fame “sky hook” shot while playing for the Los Angeles Lakers and dominated the opposition.

Larry Bird of Boston Celtics, a Magic Johnson of Los Angeles Lakers are credited with injecting excitement into the league in the 1980s through their superior skills and decade-long rivalry. During the late 1980s Michael Jordan of Chicago Bulls rose to stardom and helped the Bulls dominated the NBA during the early 1990s. A new generation of Basketball stars, including Shaquille O’Neal of the Orlando Magic and Larry Johnson of the Charlotte Hornets, have sustained, the NBAs growth in popularity.

In 1959, a Basketball Hall of Fame was founded in Springfield, Massachusetts. Its rosters include the names of great players, coaches, referees, and people who have contributed significantly to the development of the game.

## **Mechanics and Rules**

1. *Teams and Positions.* Five players are assigned to opposing teams, with each team made up of a point guard, shooting guard, small forward, power forward and center.
2. *Regulation Length and Shot Clock.* In high school basketball, each quarter lasts for eight minutes. If the score is tied at the end of the regulation, continuous overtime period is played until a winner can be determined. Overtime last for four minutes in high school basketball. Lastly, there is no shot clock in high school.
3. *Court Dimension.* Overall, the court is 94 feet long and 50 feet wide. In high school basketball this line is 19 feet, 9 inches away. The free throw line is 15 feet away from the basket.

### 4. *Fouls.*

Personal fouls occur when defenders make illegal contact with their opponents. If an opponent is in the act of shooting, free-throws are awarded. In high school, five personal fouls warrant an ejection.

Technical fouls generally occur when a player behaves with unsportsmanlike conduct.

5. *Scoring.* Each basket made in front of the three-point line is awarded two points. Baskets from behind this line are awarded three points. You also received one point for each made free-throw—taken without interference from the free-throw lines. If you are fouled in the act of shooting beyond the three-point line, you will receive three free-throws. If you make the basket while being fouled simultaneously, the basket will count and you will receive one free-throw.
6. *Dribbling Mechanics.* The proper mechanics for dribbling a basketball require that you keep the ball low and close to your body in order to make it as difficult as possible for the defender to steal the ball.
7. *Shooting Mechanics.* To properly shoot a basketball, have your feet shoulder-width apart and pointing directly toward the basket.

## Skills to be developed in 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.

### B. 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 shoot 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.



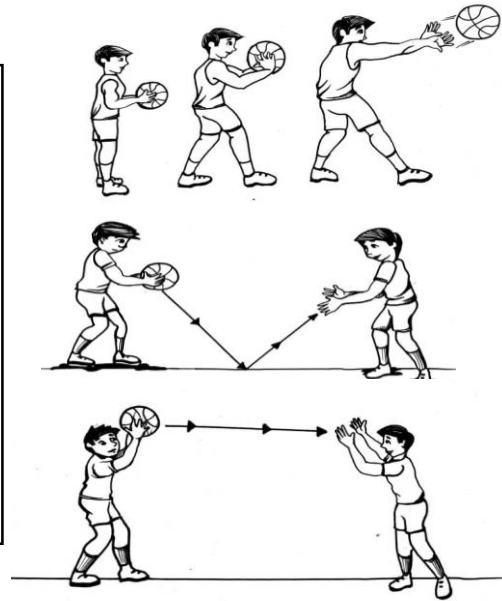
*Illustrated by Glenn C. Dano*

### C. 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:

- **Air pass** travels between one player to another without hitting the floor.
- **Bounce pass** is thrown to the floor so that it bounces to the receiver.
- **Chest pass** is a pass originates from the chest to the receiver's chest
- **Overhead pass** is a pass that originates from the forehead of the player.



## D. Running

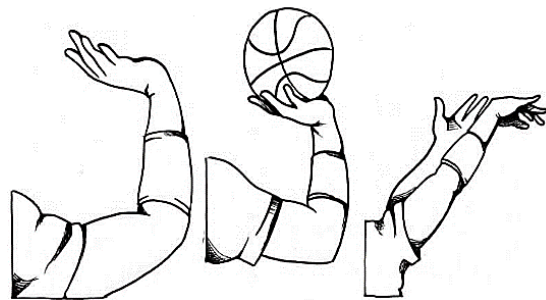
Running is a basic skill that a player should possess in playing basketball. It provides the player a greater chance to shoot the ball.



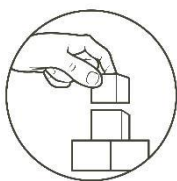
## E. Shooting

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



*Illustrated by Glenn C. Dano*



## What's More

### Activity 1. Skills Development 1

Execute the skills in basketball. Put a checkmark (/) to the column YES or NO that correspond to your performance.

| Skills in Basketball | 4 times in place | YES | NO | 4 times while walking | YES | NO | 4 times while running | YES | NO |
|----------------------|------------------|-----|----|-----------------------|-----|----|-----------------------|-----|----|
|                      |                  |     |    |                       |     |    |                       |     |    |
| 1. Dribbling         |                  |     |    |                       |     |    |                       |     |    |
| 2. Rebounding        |                  |     |    |                       |     |    |                       |     |    |
| 3. Passing           |                  |     |    |                       |     |    |                       |     |    |
| 4. Running           |                  |     |    |                       |     |    |                       |     |    |
| 5. Shooting          |                  |     |    |                       |     |    |                       |     |    |

### Activity 2. Fitness Contract

You are tasked to accomplish the Quarterly Fitness Contract in the first two modules. How is doing basketball skills help you in attaining your goals towards fitness? Write your answers in your activity notebook.



## Additional Activities

Put a checkmark (/) on the column corresponding to your response to the skills in basketball you have perform for the whole week. Copy the table in your activity notebook.

| Skills in Basketball | Week 1 |      |     |       |     |     |     |
|----------------------|--------|------|-----|-------|-----|-----|-----|
|                      | Mon    | Tues | Wed | Thurs | Fri | Sat | Sun |
| 1.Dribbling          |        |      |     |       |     |     |     |
| 2.Rebounding         |        |      |     |       |     |     |     |
| 3.Passing            |        |      |     |       |     |     |     |
| 4.Running            |        |      |     |       |     |     |     |
| 5.Shooting           |        |      |     |       |     |     |     |

# Lesson 2

## Let's Develop Our Skills



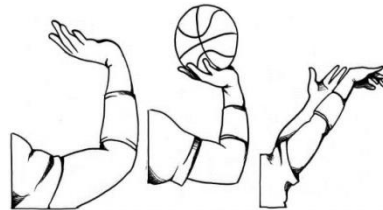
### *What's In*

Identify the basketball skills shown below. Write the answers in your activity notebook.

1.



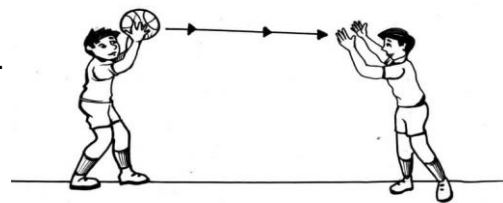
4.



2.



5.



3.



*Illustrated by Glenn C. Dano*





## ***What's New***

Warm-up

### **Jogging**

Procedures:

1. Make sure you keep your upper body straight.
2. Your hips, knees and feet should be aligned.
3. Do not let your knees buckle inwards.



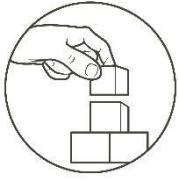
*Illustrated by Glenn C. Dano*



## ***What is It***

### **Safety Rules for Basketball**

1. No player may swing his elbows in an attempt to secure the basketball, particularly when the player has gathered 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 mouthguard and proper court shoes.
6. Basketball safety tips also include knowing your fitness level and limits.



## ***What's More***

### **Activity 1. Skills Development 2**

Remember your Skills Development 1 in the previous lesson? You are going to do the same but you will be executing the said skills with an increased number of times. Put a checkmark (/) to the column YES or NO that correspond to your performance.

| <b>Skills in Basketball</b> | <b>8 times in place</b> | <b>YES</b> | <b>NO</b> | <b>8 times while walking</b> | <b>YES</b> | <b>NO</b> | <b>8 times while running</b> | <b>YES</b> | <b>NO</b> |
|-----------------------------|-------------------------|------------|-----------|------------------------------|------------|-----------|------------------------------|------------|-----------|
| 1. Dribbling                |                         |            |           |                              |            |           |                              |            |           |
| 2. Rebounding               |                         |            |           |                              |            |           |                              |            |           |
| 3. Passing                  |                         |            |           |                              |            |           |                              |            |           |
| 4. Running                  |                         |            |           |                              |            |           |                              |            |           |
| 5. Shooting                 |                         |            |           |                              |            |           |                              |            |           |

### **Activity 2. Fitness Contract**

As part of achieving your fitness goals as part of your contract in modules 1 and 2, how is increasing the number of times doing the basketball skills help you in attaining your goals towards fitness? Write your answers in your activity notebook.



## ***Additional Activities***

Put a checkmark (✓) on the column corresponding to your response to the skills in basketball you have performed for the next two (2) weeks. Copy the table in your activity notebook.

| <b>Skills in Basketball</b> | <b>Week 2</b> |             |            |              |            |            |            |
|-----------------------------|---------------|-------------|------------|--------------|------------|------------|------------|
|                             | <b>Mon</b>    | <b>Tues</b> | <b>Wed</b> | <b>Thurs</b> | <b>Fri</b> | <b>Sat</b> | <b>Sun</b> |
| 1.Dribbling                 |               |             |            |              |            |            |            |
| 2.Rebounding                |               |             |            |              |            |            |            |
| 3.Passing                   |               |             |            |              |            |            |            |
| 4.Running                   |               |             |            |              |            |            |            |
| 5.Shooting                  |               |             |            |              |            |            |            |

# Lesson 3

## Let's Develop Our Skills More



### *What's In*

Write TRUE if the statement is correct and FALSE if not. Write your answers in your activity notebook.

1. Wear the right protective gear such as mouthguard and proper court shoes.
2. It is not important to know your fitness level and limits in playing basketball.
3. No player may swing his elbows in an attempt to secure the basketball, particularly when the player has gathered a rebound.
4. The location must be safe; the court should be kept dry and free of obstacles around its perimeter.
5. Players are allowed to wear jewelries while playing basketball.



### *What's New*

Warm-up

#### **Jumping Jacks**

Procedures:

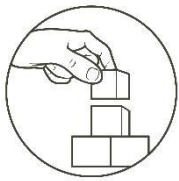
1. Start by standing straight up with feet together and arms down by your sides.
2. Next, jump both feet out to the sides making your feet at least shoulder-width apart, while also raising your arms up and over your head.
3. Finally, return your feet and arms to the starting position.



## ***What is It***

### **Safety Rules for Basketball**

1. No player may swing his elbows in an attempt to secure the basketball, particularly when the player has gathered 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. Basketball safety tips also include knowing your fitness level and limits.



## ***What's More***

### **Activity 1. Skills Development 3**

Execute the skills in basketball. Put a checkmark (/) to the column YES or NO that correspond to your performance.

| <b>Skills in Basketball</b> | <b>12 times in place</b> | <b>YES</b> | <b>NO</b> | <b>12 times while walking</b> | <b>YES</b> | <b>NO</b> | <b>12 times while running</b> | <b>YES</b> | <b>NO</b> |
|-----------------------------|--------------------------|------------|-----------|-------------------------------|------------|-----------|-------------------------------|------------|-----------|
| 1. Dribbling                |                          |            |           |                               |            |           |                               |            |           |
| 2. Rebounding               |                          |            |           |                               |            |           |                               |            |           |
| 3. Passing                  |                          |            |           |                               |            |           |                               |            |           |
| 4. Running                  |                          |            |           |                               |            |           |                               |            |           |
| 5. Shooting                 |                          |            |           |                               |            |           |                               |            |           |

## Activity 2. Fitness Contract

As part of achieving your fitness goals as part of your contract in modules 1 and 2, how is increasing the number of times doing the basketball skills help you in attaining your goals towards fitness? Do you think you are on track in terms of achieving your goals? Write your answers in your activity notebook.



## ***Additional Activities***

Put a checkmark (✓) on the column corresponding to your response to the skills in basketball you have performed for the next week. Copy the table in your activity notebook.

| Skills in Basketball | Week 3 |      |     |       |     |     |     |
|----------------------|--------|------|-----|-------|-----|-----|-----|
|                      | Mon    | Tues | Wed | Thurs | Fri | Sat | Sun |
| 1.Dribbling          |        |      |     |       |     |     |     |
| 2.Rebounding         |        |      |     |       |     |     |     |
| 3.Passing            |        |      |     |       |     |     |     |
| 4.Running            |        |      |     |       |     |     |     |
| 5.Shooting           |        |      |     |       |     |     |     |

# Lesson 4

## Shoot that Ball



### *What's New*

Warm up

#### **Shuffle**

Procedures:

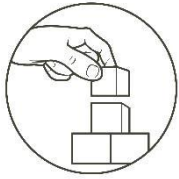
1. With your feet parallel and roughly shoulder width apart, stand erect and stationary.
2. Keeping your left foot and your head pointing straight ahead, rotate your body until your left shoulder is also pointing straight ahead.
3. Lower your center of gravity by bending at the knees and widening your stance/posture.



### *What is It*

#### **Safety Rules for Basketball**

1. No player may swing his elbows in an attempt to secure the basketball, particularly when the player has gathered 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. Basketball safety tips also include knowing your fitness level and limits.



## ***What's More***

### **Activity 1. Shoot that Ball**

Execute the shooting skill by yourself. Write your score in your activity notebook. Refer to the criteria below:

| <b>Criteria for Skill Assessment</b>              | <b>YES</b> | <b>NO</b> |
|---|------------|-----------|
| 1.1 Shooting the ball in Free throw line 3 times  |            |           |
| 1.2 Shooting the ball in Free throw line 6 times  |            |           |
| 1.3 Shooting the ball in Three-point line 3 times |            |           |
| 1.4 Shooting the ball in Three-point line 6 times |            |           |
| Total   |            |           |

### **Activity 2. Do the Basket**

Look for a playmate (i.e. brother, sister, mother, father and friends) for you to perform the shooting skill for 8 minutes. Player/s with the greatest number of points wins. Write your points and score in your activity notebook. Refer to the criteria below:

| <b>Criteria for Skill Assessment</b>       | <b>Score</b> |
|--|--------------|
| Shooting the ball with 15 points and above | 10           |
| Shooting the ball with 12-14 points        | 7            |
| Shooting the ball with 11-9 points         | 5            |
| Shooting the ball with 8-6 points          | 3            |
| Shooting the ball with 5 points and below  | 1            |

Game:

- 1.1 1 vs 1
- 1.2 2 vs 2

### **Activity 3. Fitness Contract**

As part of achieving your fitness goals as part of your contract in module 1 and 2, how is increasing the number of times doing the basketball skills help you in attaining your goals towards fitness? Do you think you are on track in terms of achieving your goals? Write your answers in your activity notebook.



# Lesson 5

## Let's Do the Moves



### *What's More*

#### **Activity 1. Do the Basket**

Look for a playmate (i.e. brother, sister, mother, father and friends) for you to perform the shooting skill for 10 minutes. Player/s with the greatest number of points wins. Write your points and score in your activity notebook. Refer to the criteria below:

| Criteria for Skill Assessment              | Score |
|--|-------|
| Shooting the ball with 15 points and above | 10    |
| Shooting the ball with 12-14 points        | 7     |
| Shooting the ball with 11-9 points         | 5     |
| Shooting the ball with 8-6 points          | 3     |
| Shooting the ball with 5 points and below  | 1     |

Game:

- 1.1 1 vs 1
- 1.2 2 vs 2

#### **Activity 2. Fitness Contract**

As part of achieving your fitness goals as part of your contract in modules 1 and 2, how is increasing the number of times doing the basketball skills help you in attaining your goals towards fitness? Do you think you are on track in terms of achieving your goals? State the reasons for telling so. Write your answers in your activity notebook.



## ***What I Have Learned***

### **Reflection/ Realization**

Complete the sentences below. Write your answers in your activity notebook.

Three things that I learned from the lesson

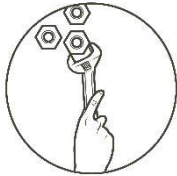
1. \_\_\_\_\_.
2. \_\_\_\_\_.
3. \_\_\_\_\_.

Two things that I liked from the lesson

1. \_\_\_\_\_.
2. \_\_\_\_\_.

One question I still want to ask

1. \_\_\_\_\_.



## ***What I Can Do***

### **Write It Up**

List down five activities at home that involve the skills in playing basketball. Write your answers in your activity notebook.

Example: throwing paper to the trash bin

- 1.
- 2.
- 3.
- 4.
- 5.



## **Assessment**

Read the questions carefully. Choose the letter of the correct answer. Write your answers in your activity notebook.

1. 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
2. Which team sports played by two teams of five players on a court?  
A. baseball  
B. basketball  
C. softball  
D. volleyball
3. How many teams of players play basketball on court?  
A. eight  
B. five  
C. four  
D. six
4. 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. jumping  
C. shooting  
D. throwing
5. Which of the following is NOT a skill in playing basketball?  
A. catching  
B. dribbling  
C. jumping  
D. shooting
6. Which of the following does NOT belong to dynamic stretching in basketball?  
A. dribbling  
B. high knees  
C. jogging  
D. toe walk
7. What do you call a violation made in a basketball game?  
A. foul  
B. illegal  
C. legal  
D. strike

8. 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
9. In what city and state was the game of basketball created?
- A. Brooklyn, New York
  - B. Los Angeles, California
  - C. Springfield, Massachusetts
  - D. West Virginia, Virginia
10. Which player is usually the best dribbler of the basketball team?
- A. center
  - B. point guard
  - C. power guard
  - D. small forward
11. What year was basketball invented?
- A. 1851
  - B. 1891
  - C. 1911
  - D. 1976
12. How many points is a basket worth if shot from inside of the 3- point line?
- A. four
  - B. one
  - C. three
  - D. two
13. Who was the inventor of basketball?
- A. Bill Russel
  - B. James Naismith
  - C. Michael Jordan
  - D. William Morgan
14. Which of the following terms are used to classify personal fouls in a basketball game?
- A. blocking
  - B. charging
  - C. holding
  - D. all of the above
15. What pass gives the best control and therefore is the most accurate?
- A. chest pass
  - B. cross court
  - C. lob pass
  - D. one handed



## ***Additional Activities***

### **Across the Skills**

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.

Example: **SHOOTING**

**S** – Self-sacrificing

**H** – Honesty

**O** – Optimistic

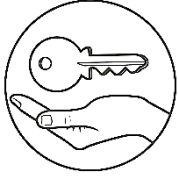
**O** – Obedient

**T** – Time conscious

**I** – Intelligent

**N** - Nice

**G** – Generous



# Answer Key

|  |  |   |
|--|--|---|
| <p><b>What I Know</b></p> <p>1. B<br/>2. B<br/>3. B<br/>4. a<br/>5. A<br/>6. A<br/>7. A<br/>8. A<br/>9. C<br/>10. C<br/>11. C<br/>12. D<br/>13. B<br/>14. D<br/>15. A</p> <p><b>Lesson 1</b><br/>What's In (Answers may vary)<br/>1. Basketball<br/>2. Volleyball<br/>3. Soccer</p> <p><b>What's New</b><br/>1. June Mar Fajardo<br/>2. San Miguel Beermen<br/>3. (Answers may vary)</p> <p><b>What's More</b><br/>Activity 1. (Answers may vary)</p> <p><b>4 Times in place:</b><br/>1. Yes<br/>2. Yes<br/>3. Yes<br/>4. Yes<br/>5. Yes</p> <p><b>4 times while walking:</b><br/>1. Yes<br/>2. Yes<br/>3. Yes<br/>4. Yes<br/>5. Yes</p> <p><b>4 times while running:</b><br/>1. Yes<br/>2. Yes<br/>3. Yes<br/>4. Yes<br/>5. Yes</p> | <p><b>Lesson 2</b></p> <p><b>What's In</b><br/>1. Dribbling<br/>2. Running<br/>3. Rebounding<br/>4. Shooting<br/>5. Passing</p> <p><b>What's More</b><br/>Activity 1: (Answers may vary)</p> <p><b>8 Times in place:</b><br/>1. Yes<br/>2. Yes<br/>3. Yes<br/>4. Yes<br/>5. Yes</p> <p><b>8 times while walking:</b><br/>1. Yes<br/>2. Yes<br/>3. Yes<br/>4. Yes<br/>5. Yes</p> <p><b>8 times while running:</b><br/>1. Yes<br/>2. Yes<br/>3. Yes<br/>4. Yes<br/>5. Yes</p> <p><b>Lesson 3</b></p> <p><b>What's In</b><br/>1. True<br/>2. False<br/>3. True<br/>4. True<br/>5. False</p> | <p><b>Lesson 3</b></p> <p><b>What's More</b><br/>Activity 1: (Answers may vary)</p> <p><b>12 Times in place:</b><br/>1. Yes<br/>2. Yes<br/>3. Yes<br/>4. Yes<br/>5. Yes</p> <p><b>12 times while walking:</b><br/>1. Yes<br/>2. Yes<br/>3. Yes<br/>4. Yes<br/>5. Yes</p> <p><b>12 times while running:</b><br/>1. Yes<br/>2. Yes<br/>3. Yes<br/>4. Yes<br/>5. Yes</p> <p><b>Lesson 4</b></p> <p><b>What's More</b><br/>Activity 1: (Answers may vary)</p> <p><b>Assessment</b><br/>1. B<br/>2. B<br/>3. B<br/>4. a<br/>5. A<br/>6. A<br/>7. A<br/>8. A<br/>9. C<br/>10. C<br/>11. C<br/>12. D<br/>13. B<br/>14. D<br/>15. A</p> |
|--|--|---|

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