



Hunter Model- Sample 4

Teaching Free Throw Techniques

Created by Kamie Englebert for Wilson's section of ED381
and posed to thesecondprinciple.com 9/27/2019

Area of Concentration: Physical Education

Grade Level: 7th grade

Aim: Students will understand a variety of team sports.

Goal: Students will be able to identify the different skills in the game of basketball.

*Note: (Many students choosing to use this model fail to realize that any scripted dialogue must be accompanied by an activity! If you use this instructional model please make sure your lesson includes an activity that gets the learner/client set for the body of the lesson! That is the intent of the "anticipatory set," to get the learner to anticipate the lesson.)

In the sample below the author states that prior to the main activity the students will be watching video clips of basketball games. She has also given the students instructions as to what to look for in the clips.

Anticipatory Set:

The teacher will start by having students watch a video on the proper way to shoot a free throw in basketball. There will also be an instructional video and a clip from a past College Championship Basketball Game. Students are asked to carefully examine the videos for technique. These observations will be discussed before they commence the lesson.

Stated Objectives:

- Students will identify 3 important components of shooting free throws.
 - Students will demonstrate respect and voice encouragement for each other's free throw abilities.
 - Students will hone shooting skills by attempting at least 20 free throws during class time.
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Modeled Practice:

- The teacher will explain the proper components and mechanics of a free throw in basketball.
- The teacher will also demonstrate the proper components and mechanics of a free throw in basketball.

Guided Practice:

- The teacher will then have the student's practice shooting free throws at the six basketball hoops around the gym.
- The teacher will be walking round the gym helping the students with their mechanics and make sure they are shooting free throws with the correct form.
- The teacher will correct the students if and when she finds mistakes in the way they are shooting the basketball.

Independent Practice

- The students will practice shooting free throws on their own at the basketball hoops around the gym.
- They must remember to shoot with the proper mechanics.
- The teacher will be walking around the gym reminding the students of the proper mechanics involved in shooting a free throw.

Closure:

- The teacher will gather the students together and review the important components and mechanics that are involved in shooting a free throw.
- The teacher will begin by asking the students to name the components and if they can't remember them or say something that isn't correct, the teacher will tell them the correct components and mechanics.

(**If you use this lesson plan, or adapt parts of it or its format, please give both the original author credit and indicate the URL where you retrieved it)