



# BASKETBALL BLITZ

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5 DAYS OF AFTER SCHOOL LESSON PLANS

GRADES K-5

**BEST  
DAY  
EVER!**



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# BASKETBALL BLITZ

Children will have a “ball” this week learning all about basketball! Key learning concepts will be fun and exciting as discoveries are made and games are played. The lesson plan incorporates many different Pennsylvania Learning Standards with the key learning area of “Creative Thinking and Expression”. Specifically, children will engage in activities that meet the PA Standard Areas of Science, Social Studies, Communicating through the Arts, and Physical Activity.

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## SCHEDULE

### DAY 1: MAKER MONDAY

CUP & BALL CRAFT

30 MINUTES

### DAY 2: STEM TUESDAY

SHOOTING HOOPS CHALLENGE

30 MINUTES

### DAY 3: AROUND THE WORLD WEDNESDAY

BASKETBALL IN THE PHILIPPINES

30 MINUTES

### DAY 4: ARTSY THURSDAY

DESIGN YOUR OWN JERSEY

30 MINUTES

### DAY 5: FIT FRIDAY

PING PONG BASKETBALL

30 MINUTES

# MATERIALS LIST

- Paper cups
- Utility knife
- Orange pompoms
- Yarn
- Large craft sticks
- Glue gun
- Glue sticks
- Black markers
- Scissors
- Chenille stems
- Yard sticks
- Rulers
- Plastic spoons
- World map or globe
- Paper of a variety of weights
- Colored pencils, markers, and/or crayons
- Orange ping pong balls
- Two clean, empty garbage cans (small)
- Masking tape or packing tape
- A variety of round objects – small balls, pompoms, ping pong balls, stress balls, etc.
- Small cardboard boxes such as tissue boxes
- Weighty items, such as boxes of paper clips or weights from science class

## SHOPPING LIST

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# DAY 1: MAKER MONDAY

## CUP & BALL CRAFT



### ACTIVITY/CONCENTRATION

#### Description of Activity:

- **STEP 1:** Prep for this activity by cutting a very small slit in the bottom of a paper cup for each student.
- **STEP 2:** Ask students if they've ever played basketball. What do you need to play basketball? (A ball and a hoop)
- **STEP 3:** Tell students today they'll be making their own handheld basketball game that they can take home and play!
- **STEP 4:** Give each student a paper cup and have them use black marker to draw crossing diagonal lines on the outside of the cup to make it look like a basketball net.
- **STEP 5:** Have students push a large craft stick through the hole in the bottom of the cup so that it is inside the cup about 1 inch. Secure the stick with tape on the inside of the cup.
- **STEP 6:** Give each student an orange pompom and a piece of yarn about a foot long. Use a hot glue gun to connect the yarn to the pompom at one end and the bottom of the cup at the other end.
- **STEP 7:** When the glue has dried, have students practice holding the handle (large craft stick) with one hand and tossing the orange pompom into the cup with the other hand. Alternatively, they can use one hand and try to catch the pompom all in one swoop!



### DURATION/SCHEDULE

30 minutes



### MATERIALS

- Yarn
- Tape
- Paper cups
- Utility knife
- Orange pompoms
- Large craft sticks
- Glue gun
- Glue sticks
- Black markers



### LEARNER MODIFICATIONS



### GOALS/OBJECTIVES

- Complete multi-step tasks with independence
- Know and use basic elements of visual arts



### STANDARDS

- AL.2.2.B
- 9.1.V.2.A