**Seaquam Secondary School**

**Basketball Class**

2018/19 Course Outline

Mr. MacKenzie

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**Course Description:**

The Seaquam Basketball Class is designed to give students opportunities to improve their fundamental skills in basketball as well as decision-making within the game. Fundamental skills will focus on shooting mechanics, attacking defenders and finishing at the hoop. Decision-making will be taught through Play Based Learning (PBL). Students will play small-sided games and be given advantage situations where decisions must be made.

Through the year, students will be provided opportunities to learn from:

* Guest coaches
* Physiotherapist
* Nutrionist
* Sport Psychologist
* Trainers
* Referee clinic

**Basketball Class Evaluation:**

**Active Health: 40%**

* Daily Participation
* Warm up/ Fitness
* Knowledge

**Safety/Fair play/Leadership 20%**

* Co-operation
* Respect

**Skill 20%**

* Fundamental motor skill

**Self Evaluation 20%**

* Journal/goal setting