

# PEP FOR PALS

Physical Education Programs by



**PalsPublishing.Org**  
*Physically Active Learning*



# **PRESCHOOL** **BASKETBALL**



## Introduction

The **PEP** *for* **PALs** curriculum is specially designed to create a positive and rewarding experience for everyone involved!

Every lesson is goal-oriented and learner-centric. While developing technical sports skills, the program is meant to be not only engaging and constructive but FUN! Keeping players interested and smiling is a key component in every single lesson plan. Activities are developmentally and age appropriate. Each program deliberately meets the range of motor skills and varied cognitive abilities of all its participants. The goal is to move each student from introductory and participation levels toward mastery, with every skill taught and every game played. This curriculum is tried, tested, and proven to be successful in attaining this goal for its students.

**PEP** *for* **PALs** Programs create consistency and confidence in the coaches who use it. The programs work to guide teachers as coaches; providing vital tips and techniques that are necessary for the differentiated teaching of today's diverse learners. Along with lesson plans, each Program contains simple, how-to, instructions, complete with objectives, activities and games used for teaching the fundamentals of a specific sport. The plans even create opportunities for students to receive individualized instruction, which not only benefits each student but adds to the effectiveness of your coach and your new program as a whole!

Finally, you can expect success at every level. Your programs will thrive from having competent, enthusiastic coaches and happy, satisfied customers. From day one, your students will begin learning a sport and be happy doing it! With this complete and easy-to-use curriculum, your coach will not only enjoy teaching but will spark a passion for learning in your students. That means, for growing programs with a loyal customer base, the sky is the limit!

With your **PEP** *for* **PALs** program, you now hold the keys to progressive skills, smiling kids, engaging staff, and program success.

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**How to use the PEP for PALs Preschool Sports Lesson Plans**

For specific activities and directions on how to implement them, read this entire program thoroughly. All materials and equipment needed is listed on the Drills for Skills page. A daily safety check of the room and equipment is a must. It is recommended that each class follow a written Lesson Plan; making photocopies of the Lesson Plan Template (next section) for use as a worksheet is permitted and encouraged.

**Glossary of terms for PEP for PALs Sports Lesson Plan Template** is as follows:  
(Referring to Lesson Plan Template for 45-minute classes for 3-6 year olds)

**Arrival time** is defined as a time to meet and greet students and parents. Learn names! Children of this age will connect with the teacher of the class before the content. For some it may be their first experience away from a parent and it may require some nurturing to engage each child.

Minutes 1-6 approximately

**Free time**, concurrent with **Arrival time**, should be SAFE above all else. Set-up ahead of this time: hoops, soft balls and flat or low-height mats for the kids to explore as others enter the room/gym during Arrival time. After two or three classes, Coach can use free time to review skills taught in the prior class with individuals who may need extra help.

Minutes 1-6 approximately

**Stretches and Strengthening** set the class in motion in a structured but fun way. Also this time is another opportunity for Coach to learn names, interests and observe attention spans of the students.

Minutes 6-10 approximately

**Rule Review and Name Game** is a good time to learn names and encourage players to do the same! It is also the time to review with the players the “Simple Rules” (see Coach’s Tips section) and any safety specifics. Be cheerful but sincere. Coach sets the tone for a happy learning environment!

Minutes 10-11 approximately

**Freeze Games** will *show* Coach who is listening and ready to proceed. Continue playing until all players are using their “listening ears” and “watching eyes”.

Minutes 11-14 approximately

**Running plus Cardio** will get the class going! Take a second to talk about using “running arms”; arms bent at the elbows helping us run and NEVER touching the other runners! Be sure runners go around a track in the *same* direction to avoid collisions! Make sure when doing other cardio, that all players have plenty of space around them.

Minutes 15-19 approximately

**SAMPLE - NOT FOR DOWNLOAD - NOT FOR COPY - NOT FOR SALE**

**Talk About...** the sport being learned! While seated ask who knows something about it and even leading or silly questions can put anxious players at ease.

Minute 19 approximately

**Drills for Skills** do require equipment and preplanning. Safety is the first priority especially now that players will independently be in motion! Coaches should read ALL plans thoroughly and be prepared prior to class time.

Minutes 19-35 approximately

**“Ready for a challenge?”** drill as written in the Drills for Skills pages and utilized during that time, are a useful way to progress skill development and add variety, when practicing a skill for a second day or the skill level of the class warrants.

Minutes 19-35 approximately

**Skill Games** are a fun way to reinforce skills learned. This is another opportunity for Coach to circulate among players and provide individualized instruction as needed.

Minutes 35-42

**Regroup, Review & Cheer** is a time to use teamwork to bring players together, to clean up balls, and for Coach to commend, specifically, what the players and teams did well today. Create group cohesion and good team-building with a happy cheer!

Minutes 42-44 approximately

**Stickers or Stamps** at the end of class will be something the kids begin to look forward to so be consistent. Be sure to use non-toxic ink for stamp ink.

Minutes 44-45 approximately

*In the proceeding pages you will find an example of a lesson plan you can use on the first day of class. Subsequent classes and activities placed on the lesson plan template should be tailored to the specific skill level of each class.*

**BEFORE TEACHING ANY CLASSES, BE SURE TO READ THROUGH THIS ENTIRE PROGRAM**