

# BASKETBALL PROFILE

“I tell kids to pursue their basketball dreams,  
but I tell them to not let that be their only dream”

-Kareem Abdul Jabbar-



The Basketball Profile is intended for students who want to learn and perfect various **individual skills** and **team tactics** needed to play effective basketball. The student will also explore other aspects related to the practice of basketball.

The aim of this profile is to help students acquire the elementary rules and skills specific to basketball as well as a few key principles that will help them play this team sport. Through progressive hands-on practices students will develop the skills required to play an offensive and/or a defensive position. They will also study diverse offensive and defensive systems used in basketball today.

Students will be expected to frequently reflect upon their learning so that they become able to recognize their strengths and limitations, in order to improve and identify which position is better suited to their abilities.

Students in the Basketball Profile will learn how to work together, get along and play with other people, with one goal in mind: **to be able to play team basketball.**

**Students will be evaluated on the specific competencies set out by MELS:**

1. **Perform movement skills and improvement in basketball**
2. **Interact with others in a team sport (participation)**
3. **Adopt a healthy, ethical and active lifestyle (effort)**

*Tryouts might be part of the selection process.*

**A passion for basketball is important for students interested in this profile.**

**Where:** at St. Patrick's High School and PEPS

**Transportation:** N/A

**When:** 4 times per 10-day cycle from 8:15 a.m. to 10:05 a.m.