**LEVEL: 1**

**basketball honor REQUIREMENTS**

* Know the basic rules of basketball.
* What is the meaning of “Good Sportsmanship?”
* Define the following terms:
  + Air ball
  + Backboard
  + Back court
  + Front court
  + Baseline
  + Block
  + Bounce pass
  + Double dribble
  + Dribbling
  + Fake
  + Fast break
  + Field Goal
  + Fouled out
  + Give and go
  + Inbound
  + Intentional Foul
  + Jump ball
  + The Key
  + Loose ball foul
  + Man to man
  + One and one
  + Perimeter
  + Pick
  + Press
  + Rebound
  + Shot
  + Steal
  + Team Fouls
  + Trap
  + Traveling
  + Turnover
  + Zone Defense
  + Center
  + Forwards
  + Guards
  + Jump shot
  + Lay up
  + Bank shot
  + Dunk
  + Hook shot
  + Free throw
  + Personal foul
  + Charging
  + Blocking
  + Technical foul
  + Three second violation
  + Five second rule
  + Ten second rule
  + Back court violation
  + Inbound violation
  + League
  + Three point shot
* Demonstrate an understanding of the different skills required at each position.
* Demonstrate reasonable skill in the following areas:
  + - Shooting from the free throw line.
    - Shooting from different positions around the basket
    - Dribbling
    - Passing
* Spend at least 4 hours helping a less skilled or younger player improve their skills.
* Play at least 5 games with family or friends. Show good sportsmanship during your practice and games.
* Write a one page report on a famous basketball player. Discuss why they are or are not a good Christian role model.
* Discuss with your Pathfinder leader, pastor or teacher the problems facing a Seventh-day Adventist youth considering sports in Jr. High, High School and college. What alternatives are there that allow for continued activity in sports.
* Make a scale drawing of a basketball court properly laid out.