**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.