

Guilden Sutton Primary School KS2 Invasion Games

Basketball

| Week of plan | Learning outcomes | Task/Activities | Equipment | Plenary |
|---------------|--|---|---|---|
| Week 1 | <ul style="list-style-type: none"> Improve basic dribbling techniques. Learn to create space to get past an opponent. | <p>The pupils will spend time manipulating the basketball. We will look at basic dribbling technique.</p> <p>We will then start to look at more complex commands like change direction, change speed, left-hand only and attack space. Using different colour gates, pupils will dribble in and out of gates with the ball under control.</p> | <ul style="list-style-type: none"> Basketballs Cones P.E kits | <p>In small groups, pass the ball round slowly in a circle and ask pupils what they can remember from the lesson. How do we control the ball? How can we find space for ourselves? When is the best time to dribble at an opponent?</p> |
| Week 2 | <ul style="list-style-type: none"> Build on lesson 1 objectives Begin to understand the rules of basketball Passing techniques | <p>With a partner, pupils work on throwing and catching. Work on various passes including bounce pass and chest pass.</p> <p>In groups of 3, explore the various passes within a 2 v 1 situation where the defender is swapped each time.</p> | <ul style="list-style-type: none"> Basketballs Cones P.E kits Bibs | <p>Each pupil has a ball. Standing in space, can they pass the ball around their heads, waist, legs then a figure of 8? What happens to your heart during exercise?</p> |
| Week 3 | <ul style="list-style-type: none"> Look at defending techniques Understand how fast feet can benefit basketball | <p>Looking at different movement patterns over the ladders.</p> <p>Start off defending a 2 v 1 situation. Develop this to a 2 v 3 and look at the best time to pass or dribble towards an opponent.</p> | <ul style="list-style-type: none"> Basketballs Cones P.E kits Bibs | <p>All together in a circle, how many times can the ball be passed around without it hitting the floor? How do we stretch during the cool down?</p> |
| Week 4 | <ul style="list-style-type: none"> Extend objectives from previous lessons Begin to understand simple tactics within the game | <p>In groups of 7, with one pupil acting as the basket, this pupil will stand in a hoop, and they will play for both teams and have to catch the ball for a point to be scored.</p> <p>3 v 3 defending game. A hoop at each end this time so teams have to move forwards to earn a point.</p> | <ul style="list-style-type: none"> Basketballs Hoops P.E kits Bibs | <p>How do we defend? When can we intercept the ball? How do we deny attackers space individually?</p> |
| Week 5 | <ul style="list-style-type: none"> Improve decision making skills. Keeping good possession. When to use a certain pass. Finding space. | <p>Recap on any rules, facts, techniques and objectives from previous lessons.</p> <p>4 v 4 games with a point per 5 passes.</p> <p>4 v 4 games with a basket or target each end and 2 points per successful target reach.</p> | <ul style="list-style-type: none"> Basketballs Hoops P.E kits Bibs Cones | <p>Discuss what pupils have understood from the lesson. Emphasise the importance of making decisions within the game. When to use a certain pass.</p> |
| Week 6 | <ul style="list-style-type: none"> Exploring space quickly. Denying space to the opposition. Making the court big in basketball. | <p>After a warm up and a brief recap, allow the pupils to discuss any rules and tactics within the game.</p> <p>Split into small teams and allow pupils to play small sided games.</p> | <ul style="list-style-type: none"> Basketballs Cones Bibs P.E kits | <p>Discuss any rules and tactics which have been understood and developed. How does the heart react to exercise? How do the muscles work to help us to move?</p> |