

LESSON PLAN: BASKETBALL: YEAR 3: WEEK 4

LESSON OBJECTIVE: To develop the understanding and knowledge of how to execute a successful set shot.

WARM UP (10 MINS)

Split the class into small groups within a small grid, students to pass and move practicing passing the ball using chest and bounce passes.

Question: How many passes can they make within a certain time limit?

MAIN LESSON (20 MINS)

Split the class into small groups and line them up in front of a hoop/goal or partner stood on a bench. Discuss with the pupils the importance of the technique of the set shot:

- Strong hand under the ball
- Weak hand beside
- Bend legs
- Elbows 45 degrees
- Eyes on hoop
- Push through in the direction of the hoop

Taking in turns, in groups of 3 or 4, a pupil dribbles up and has a shot at the hoop from a short distance away then joins the back of the line. Discuss the importance of the square above the hoop and aiming for the nearest top corner to assist in making the ball go in. Each group then challenges each other to see how many points they can score from 1 throw each. Team with the most points at the end wins.

Develop: Pupils can move on to shooting from a different angle into the hoop.

GAME/COMPETITION (15 MINS)

Penalty Shootout: They can dribble up and score from anywhere they like. (Hitting the rim, going in the hoop or their partner catching the ball all count as a score). If they score they get a point. First team to get to 10 points wins. In pairs pass the ball to each other and when they are close they can shoot at the basket. Take it in turns until a point is scored.

EQUIPMENT

- Basketballs
- Cones
- Basketball hoops
- Bibs

KEYWORDS

- Accuracy
- Technique
- Target
- Focus

DIFFERENTIATION

LESS ABLE

- Allow pupils to move closer to the hoop.
- Score a point for hitting the hoop

MORE ABLE

- Increase the distance the pupil can shoot from.
- Change the angles the pupils can shoot from.
- Add a defender before shooting.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	5	Can they shoot to a high ability?
	4	Can they shoot with a certain degree of control?
	3	Can they shoot, with very little control?
Tactics, Rules & Teamwork	5	Works with their partner & demonstrates knowledge & understanding of how to shoot.
	4	Can work with a partner & understands how to shoot.
	3	Starts communicating with a partner.
Show & Link	5	Can they link: the correct technique and shooting with accuracy?
	4	Can they show and link: the correct technique to shoot?
	3	Show they can shoot a basketball.
Describe Ways to Improve	5	Are able to describe and improve performance.
	4	Are able to describe performance.
	3	Are able to see differences in performance against a simple model.
Fitness & Health	5	Shows a solid understanding of why physical activity has health benefits.
	4	Has some knowledge of why physical activity has health benefits.
	3	Has little knowledge of why physical activity has health benefits.