

# LESSON PLAN: BASKETBALL: YEAR 5: WEEK 1

**LESSON OBJECTIVE:** Understand the basic rules of basketball and explore different ways of moving with the ball.

## WARM UP (10 MINS)

Court Awareness: Sit pupils in the centre of the court and explain the different areas of the court. Pupils then begin to move around the court in different ways EG Jogging, Side Steps, Skipping, Jumping etc. Teacher then shouts out an area on the court EG Free throw line and the pupils need to sprint to that area. Last person to get to the line does 5 star jumps.

## MAIN LESSON (20 MINS)

All students to have one ball within a large square. The students will dribble the ball using one hand around the square avoiding contact with peers by keeping the ball under control and keeping their head up. Move onto pupils having to move around the area at a quicker pace and keeping the ball under control.

**Develop:** Students to stand still within the square and follow the teacher's movement with the ball (basic skills). Students must try and keep their head up and follow the teachers lead in order to develop ball control. Discuss low body position, pushing the ball down not slapping it and keeping the ball nice and close.

- Standing dribbling (swap hands)
- Bouncing the ball from low to high
- Passing the ball around their backs
- Figure of 8 through their legs
- On 1 knee – On 2 knees.
- Sitting down to standing.

## GAME/COMPETITION (15 MINS)

Each player is given a tail and a ball. Players begin by moving around the area with tails clearly showing, on the teachers command, players must move around and try and take other pupils tails whilst keeping their ball under control. If a pupil loses their tail or loses control of their ball then they are out and must wait on the side.

## EQUIPMENT

- Cones
- Basketballs
- Tails (bibs)

## KEYWORDS

- Control
- Dribbling
- Movement

## DIFFERENTIATION

### LESS ABLE

- Compete with students of the same ability.
- Can look the ball when dribbling if they need to.

### MORE ABLE

- Compete with students of the same ability.
- Use both hands to dribble with.
- Try certain basic skills with eyes closed.



# ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	7	Can they perform the ball skills to a high ability?
	6	Can they perform the ball skills with a certain degree of control?
	5	Can they perform some of the ball skills, with very little control?
Tactics, Rules & Teamwork	7	Works with a partner and demonstrates knowledge and understanding of the task.
	6	Can work with a partner and understands the task.
	5	Starts communicating with a partner.
Show & Link	7	Can they link: moving with the ball at speed, with both hands, accurately?
	6	Can they show and link: moving with the ball accurately?
	5	Show they can move with the ball.
Describe Ways to Improve	7	Are able to describe and improve performance.
	6	Are able to describe performance.
	5	Are able to see differences in performance against a simple model.
Fitness & Health	7	Shows a solid understanding of why physical activity has health benefits.
	6	Has some knowledge of why physical activity has health benefits.
	5	Has little knowledge of why physical activity has health benefits.