

LESSON PLAN: BASKETBALL: YEAR 5: WEEK 2

LESSON OBJECTIVE: To learn different techniques to dribble the ball with control.

WARM UP (10 MINS)

Students to have a basketball each and dribble around a set area. The teacher will select 4 members of the class to be the 'catchers' who will run around tagging the other students. When tagged the students must stand still with their legs apart holding their ball. To free their peers, students who have not been tagged must dribble their ball under the legs of their stuck classmates. Swap catchers.

MAIN LESSON (20 MINS)

Students to be put into pairs and labelled 1's and 2's. They will then face each other 10 meters apart; number ones will then dribble towards their partner and then dribble backwards to their starting point. Once they have done this they will then chest pass it to their partner (number twos) to repeat. Teachers to make sure students are using their fingertips to dribble and are keeping the ball to their side with their heads up.

Staying in the same pairs, number 1's will dribble around the space with number 2's following close behind. Encourage pupils to keep their head up, making sure the ball is to the side and not directly in front of them causing them to trip over the ball, and that they are using their fingertips to dribble and not slapping the ball.

- One whistle: change direction.
- Two whistles: the pair swap roles.

GAME/COMPETITION (15 MINS)

Again in the same partners, students will compete with other pairs in a game of king of the court. In a large coned square numbers 1's will be against each other while numbers 2's stand around the edge of the square. The aim of the game is to dribble around the square keeping control of your basketball whilst trying to knock your opponent's ball out of the square. Once their ball has been knocked out their partner (number 2) enters the game, when they are eliminated their team is out. The last pair standing wins.

EQUIPMENT

- Cones
- Basketballs

KEYWORDS

- Control
- Dribbling
- Head – up
- Direction
- Fingertips

DIFFERENTIATION

LESS ABLE

- Compete with students of the same ability.
- Can start off by dribbling with 2 hands.

MORE ABLE

- Compete with students of the same ability.
- Change direction on command
- Pupils must only use 1 hand and run at pace.



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.