

# LESSON PLAN: BASKETBALL: YEAR 5: WEEK 3

**LESSON OBJECTIVE:** To learn a variety of different passes and when they are used in a game.

## WARM UP (10 MINS)

Separate the class into half, giving one half basketballs. Students with the balls will dribble around the gym space using the correct technique. When the teacher shouts 'pass' students will need to pass the ball to a student without a ball. Pupils without the balls will jog around the hall putting pressure on the other students without tackling them.

## MAIN LESSON (20 MINS)

Discuss and demonstrate to the group the chest and bounce pass. In pairs, students will stand 5 metres apart from each other and practice the chest pass and bounce pass (10 times each) without dropping the ball.

**Develop:** first team to complete 10 successful passes wins.

Teaching points

- Make a W grip behind the ball before performing the pass.
- Take a step forward to create power.
- Receivers to create a target with their hands to help aim.
- When bounce passing students should aim to land the ball 3/4 of the distance to their partners.

## GAME/COMPETITION (15 MINS)

**Bench ball :** Split class into four teams. The aim of the game is to get the ball to a team mate who is standing on the bench, if the person on the bench catches it the person who threw it joins them. The first team to get all their players on the bench wins. Pupils can only intercept the ball or block a pass however they cannot slap the ball out opposition's hands. When a pupil receives the ball they aren't allowed to move and must pass or shoot within 3 seconds.

## EQUIPMENT

- Cones
- Basketballs
- Bibs
- Benches

## KEYWORDS

- W grip
- Accuracy
- Elbow
- Hands
- Power

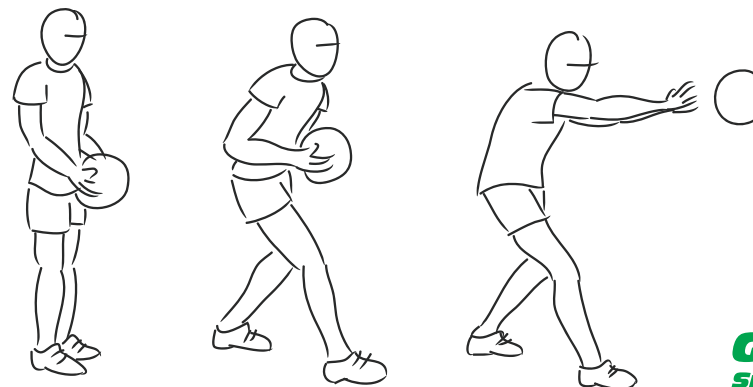
## DIFFERENTIATION

### LESS ABLE

- Compete with students of the same ability.
- Ball can bounce before reaching partner.

### MORE ABLE

- Compete with students of the same ability.
- Must only have 3 seconds with the ball.



# ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	7	Can they perform the passing skills to a high ability?
	6	Can they perform the passing skills with a certain degree of control?
	5	Can they perform some of the passing 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: passing the ball with power accurately?
	6	Can they show and link: passing the ball accurately?
	5	Show they can pass 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.