

# LESSON PLAN: BASKETBALL: YEAR 5: WEEK 4

**LESSON OBJECTIVE:** To be able to shoot using the correct technique.

## WARM UP (10 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.

## MAIN LESSON (20 MINS)

Place students in groups of 4 and give each group a ball and a basket to shoot at. Set up four cones around the basket at varying angles and distances from the basket. Students will start from the same cone and will move onto the next cone when they make a successful shot. The student who scores from all 4 cones first wins.

Teaching Points:

- Dominant foot should be pointing directly towards the middle of the basket.
- Hold the ball in hand, palm facing up. Non-shooting hand to the side of the ball.
- Arm should be at a 90 degree angle with wrist bent and fingers spread out.
- Pupils should be looking at the front of the rim, bend legs and push through straightening body and finishing on tip toes.

**Develop:** Pupils to move back to halfway; they must now dribble towards the hoop and then shoot (combining two skills).

**Question:** Can players shoot without coming to a complete stop?

## GAME/COMPETITION (15 MINS)

Full conditioned game using dribbling, passing and shooting skills. Normal rules, but set up an area near the basket where students must shoot from if they receive the ball within it. When they receive the ball within the area the students must shout 'shooting'. They will then have 5 seconds to shoot without any blocking allowed from the opposing team.

## EQUIPMENT

- Cones
- Basketballs
- Bibs
- Hoops

## KEYWORDS

- Accuracy
- Technique
- Target
- Focus

## DIFFERENTIATION

### LESS ABLE

- Compete with students of the same ability.
- Can be closer to the basket during the drill.
- Get 8 seconds to shoot during the game.

### MORE ABLE

- Compete with students of the same ability.
- Longer distance/Angle away from hoop.



# ASSESSMENT FOR LEARNING

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