

LESSON PLAN: BASKETBALL: YEAR 6: WEEK 1

LESSON OBJECTIVE: To understand the rules of basketball and explore different ways of moving with the ball.

WARM UP (10 MINS)

Students will jog around the set area stopping at each corner to complete 2 different stretches. The students should increase the speed of their run after every straight they complete. More able students can lead a corner each, discussing with the class the different muscles they are stretching.

MAIN LESSON (20 MINS)

Children all face the same direction, each with a basketball. Teacher at the front directs which way they move, e.g. forward, backwards, left, right, through the legs, around the back. Start with verbal directions, but move on to non-verbal (actions or laminated cards) so that children have to be watching the teacher and not their ball.

Develop: Let a pupil give the directions.

Teaching points:

- Keep the head up without looking at the ball.
- Ball only allowed to bounce to waist height
- Use fingertips to dribble not palms
- Keep the ball to the side of the body

GAME/COMPETITION (15 MINS)

Call the students in and sit them down in front of a whiteboard. Ask the students what rules they know and write them down so the students can see them. Students will then play a game of 5v5 with the set of rules they have come up with.

Questions: Recall the students in:

What rules worked and what ones didn't?

What rules could be added in order to make the game better/fairer?

Students to play another game using the new rule changes.

EQUIPMENT

- Balls
- Bibs
- Cones
- Hoops
- Whiteboard

KEYWORDS

- Attacking
- Defending
- Movement
- Rules
- Team-work

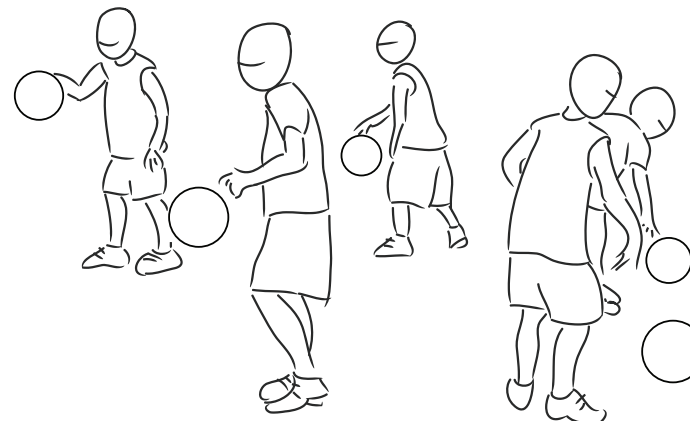
DIFFERENTIATION

LESS ABLE

- Can look at the ball if struggling during the main lesson.
- Can have a protective 'bubble' around them during gameplay.

MORE ABLE

- Lead a corner during the warm-up.
- Give directions during the main activity.
- Targeted questioning during the rules game.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	8	Can they perform different ways of moving the basketball to a high ability?
	7	Can they perform movement of the basketball under control?
	6	Can they show a understanding of how to move with the basketball?
Tactics, Rules & Teamwork	8	Works with their partner/team & demonstrates knowledge & understanding of the rules.
	7	Can work with a partner/team & understands the rules.
	6	Starts communicating with a partner/team.
Show & Link	8	Can they link: movement, dribbling and ball control in a game situation?
	7	Can they show and link: moving and ball control together occasionally?
	6	Show how to move the basketball in a game?
Describe Ways to Improve	8	Are able to describe and improve performance.
	7	Are able to describe their own performance.
	6	Are able to see differences in performance against a simple model.
Fitness & Health	8	Shows a solid understanding of why physical activity has health benefits.
	7	Has some knowledge of why physical activity has health benefits.
	6	Has little knowledge of why physical activity has health benefits.