

LESSON PLAN: BASKETBALL: YEAR 6: WEEK 4

LESSON OBJECTIVE: To be able to shoot with control and accuracy.

WARM UP (10 MINS)

Give every student a basketball to dribble around the gym space with. When they get close to a basket they may shoot in order to try and score. When the teacher shouts 'pass' the students will exchange their ball with a fellow classmate. Stretch as a class.

MAIN LESSON (20 MINS)

Split the class into two halves, one facing each basket. Students will dribble down to the basket and shoot.

Teaching points:

- Bent knees.
- Dominant hand under the ball with the other hand on the side acting as a guide.
- Follow through with arms.

Develop: Challenge the students in their two teams – how many baskets can each team score in 2 minutes?

Split the 2 groups again to create 2 lines on each half of the gym space. Teacher to introduce lay-ups to the class. The line on the right hand side will dribble down to the basket and perform the shot, while the student from the left hand side jogs behind to gather the rebound and shoot if the first person misses.

Develop: How many baskets can each team score in 5 minutes?

Teaching points

- Once the ball is picked up only 2 steps are allowed to shoot.
- Take off on your inside leg.
- Stretch your arm straight whilst holding the ball.
- Aim the bounce the ball softly off the backboard.

GAME/COMPETITION (15 MINS)

Conditioned game: Students play a regular 5v5 game but attempted lay-ups score 2 points and successful lay-ups score 5 points.

EQUIPMENT

- Balls
- Bibs
- Cones
- Hoops

KEYWORDS

- Control
- Accuracy
- Shooting
- Lay-up
- Power

DIFFERENTIATION

LESS ABLE

- Can get closer to the basket before shooting.
- Can walk through the lay-up to achieve the correct technique.
- Can be immune from being challenged whilst performing the lay-up during game situation.

MORE ABLE

- Can progress onto the lay-up shot quicker.
- Can be captains or leaders during gameplay.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	8	Can they perform shooting at a high ability?
	7	Can they perform shooting with a degree of control?
	6	Can they show an understanding of the skills needed for shooting?
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: shooting and accuracy consistently when attacking in a game situation?
	7	Can they show and link: shooting and accuracy most of the time?
	6	Show they can shoot.
Describe Ways to Improve	8	Are able to describe and improve performance.
	7	Are able to describe 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.