

# LESSON PLAN: **MULTI SKILLS:** YEAR 5: WEEK 5

**LESSON OBJECTIVE:** Students discover a number of different ways they can dribble a basketball.

## **WARM UP (10 MINS)**

The teacher numbers each corner and side of the hall number 1-6. The students dribble their ball around an area using their hands. When the teacher calls a number, the students must dribble towards that numbered area and stop with their ball in their hands. Encourage students to use both hands to dribble.

## **MAIN LESSON (20 MINS)**

All students start dribbling their ball around in an area which has been marked out by the teacher. The teacher calls out and demonstrates a number of dribbling challenges in which students need to copy. The challenges can be practiced initially on a spot and once mastered whilst moving. The challenges include:

- Dribble the ball with one hand.
- Dribble the ball with two hands.
- Dribble the ball as high/low as your can.
- Count the number of times you can dribble without losing control of the ball.
- Look at the teacher whilst you are dribbling and call out the number of fingers they are holding.
- Start dribbling, then kneel down without stopping dribbling.
- Sit down and stand up without stopping dribbling.
- Dribble with one hand while "high fiving" the person closest to you.

**Develop:** The teacher asks students to create their own dribbling challenges to challenge their peers.

## **GAME/COMPETITION (15 MINS)**

All students have a basketball each and line up at one side of the hall. The teacher nominates two students who are chasers and they start in the middle of the hall. When the teacher says go, students must dribble from one side of the hall to another without the chaser getting their ball. If the chaser manages to intercept a student whom is dribbling from one side to another, that student is out and must sit out the game.

## **EQUIPMENT**

- Basketballs
- Cones

## **KEYWORDS**

- Ball close
- Concentration
- Look where you are going
- Bend knees

## **DIFFERENTIATION**

### **LESS ABLE**

- Dribble on a spot.
- Two games of chaser : High ability & low ability.

### **MORE ABLE**

- Compete against people of the same ability.
- Run at different speeds and dribble.
- Two games of chaser: High ability & low ability.



# ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	7	Can they perform the dribbling skills to a high ability?
	6	Can they perform the dribbling skills with a certain degree of control?
	5	Can they perform some of the dribbling skills, but to a low ability?
Tactics, Rules & Teamwork	7	Works with their partner & demonstrates knowledge & understanding of the task.
	6	Can work with a partner & understands the directions.
	5	Starts communicating with a partner.
Show & Link	7	Can they link: the skills required to dribble a basketball successfully in a variety of tasks?
	6	Can they show and link: some of skills required to dribble a basketball in a variety of tasks?
	5	Show they can dribble.
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.