

NC Subject: PHYSICAL EDUCATION		General aims:	to improve throwing and catching skills in relation to the invasion game of basketball.
Topic: GAMES - BASKETBALL	Weeks: 5		

Weeks	Learning Objectives	P.O.S.	Resources	Activity
1	<p>Revising throwing catching passing</p> <p>- to revise the skills of throwing, catching and passing accurately.</p> <p>- to participate in a game of Hoopball/Cornerball.</p>	1a, 1b, 1c, Eng (S+L) 1a, 2a, 2b	Coloured bands, netballs, hoops, cones, basketballs	<p>Warm-up - sun and frost. Stretch muscles.</p> <p>Skill practise - 3's quick accurate passes. Inc. distance.</p> <p>Catching ball correctly - cushioning.</p> <p>Pushing the ball away.</p> <p>Piggy-in-the-middle - 3's.</p> <p>How many good throws in 30 seconds?</p> <p>Hoopball - small sided game with hoops (5v5). Look for good, accurate passing, use of space and positional play.</p> <p>Cool down - slow breathing/stretching. Discuss session.</p>
2	<p>Shooting skills</p> <p>- to improve accuracy of shooting in a game situation.</p> <p>- to participate in a game of mini-basketball.</p>	1a, 1b, 1c, Eng (S+L) 1a, 2a, 2b	Coloured bands, netballs, hoops, cones, basketballs	<p>Warm-up - side stepping. Stretch muscles.</p> <p>Skill practise - In groups - 5 goes on net. 1 pt if hits rim, 2 pts if it goes in. Reinforce BEEF.</p> <p>Add defenders to jump and distract.</p> <p>Change position of shooters so shoot from different angles.</p> <p>Mini-basketball - give points for hitting the rim as well as getting the ball into the net.</p> <p>Emphasise team work - involve everyone in the game - make rules to accommodate this.</p>
3	<p>Attacking skills</p> <p>- to improve the skill of attack in an invasion game.</p> <p>- to participate in a game of mini-basketball.</p>	1a, 1b, 1c, Eng (S+L) 1a, 2a, 2b	Coloured bands, netballs, hoops, cones, basketballs	<p>Warm-up - time bomb. Stretch muscles.</p> <p>Skill practise - dribble ball around cones looking up as much as possible. Relays in teams.</p> <p>Moving the ball in backwards using a hand up to 'ward off' any defenders.</p> <p>Add defenders to increase difficulty.</p> <p>3 v 3 games.</p> <p>Mini-basketball - give points for hitting the rim as well as getting the ball into the net.</p> <p>Emphasise team work - involve everyone in the game - make rules to accommodate this.</p>

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4 Defence Skills	- to improve the skills of defending in an invasion game. - to participate in a game of mini-basketball.	1a, 1b, 1c, Eng (S+L) 1a, 2a, 2b	Coloured bands, netballs, hoops, goal posts basketballs	Warm-up - pairs - dodging partner. Stretch muscles. Skill practise - 3's - thrower, attacker, defender. A moves in one direction only. Add dir. Interceptions - 2 throwers pass to each other , others intercept passes. 2's - defending against a shooter. Rebounds. 3v3 - defenders score 2pts if intercept, 1pt if touch ball. Change over. Mini-basketball - Emphasis on defending skills.
5 Playing The Game	- to participate in a full rule game of basketball.	1a, 1b, 1c, Eng (S+L) 1a, 2a, 2b	Coloured bands, basketballs, goal posts	Warm-up - tag game. Stretch muscles. Skill practise - discuss all skills developed over past few weeks. Split class into teams. Play tournament.