

Year group: **KS2 YEAR 3 – lessons adapted and differentiated in relation to ability and year group.**

Length of study: **6 weeks**

Focus: **Invasion games - Basketball**

Unit 3

Section 1: **acquiring and developing skills**

Section 2: **selecting and applying skills, tactics and compositional ideas**

Section 3: **knowledge/understanding of fitness and health**

Section 4: **evaluating and improving performance**

Reference: <http://webarchive.nationalarchives.gov.uk/20101122132513/http://www.standards.dfes.gov.uk/schemes2/phe/phegames1/03q1?view=get>

<u>LESSON</u>	<u>Objectives</u>	<u>Warm up</u>	<u>Main lesson</u>	<u>Cool down</u>	<u>Learning outcomes</u>	<u>Equipment/ Assessment</u>
Lesson 1	Perform dribbling skills with accuracy, confidence and control understand rules relating to dribbling - illegal dribble, double dribble practise a jump stop and bounce pass	Tag related warm-up game. A modification of "stuck in the mud"	Allow chn 2-3 minutes to experiment with the basketball. Have them working in pairs in a large area dribbling and passing. This will allow a period for the coach to assess where the group is at and understand where to pitch the lesson. Dribbling the ball (diamond): split chn up into four even groups and place a team on each corner of the grid. The area should be 20x20 with a diamond in the middle. Two teams go at once with the first person dribbling the ball then moving to the right of the diamond. Repeat for other two teams. Repeat for left-handed dribbling. Ensure correct technique when dribbling - using finger tips and not palm	Chn to start running as fast as they can around the island and as teacher counts down from 10-1 they must get slower and slower until they are walking very slowly. Explain importance of warm	Children can dribble the ball with accuracy, confidence and control I can stop a ball with basic control (L1) I can stop / catch a ball with control (L2) I can control and catch a ball with movement (L3) I can control and catch a ball & accurately pass whilst moving (L4)	Cones, balls, bibs. Look for chn with high ability to demonstrate. Look for chn demonstrating good ABC's

			of hand also check chn are not bouncing the ball to high (waist height is perfect). Main game: END ZONE dribbling game. Add two end zones to the area and play mini 3v3 games. In order to score a point players must dribble the ball into the end zone. There is no tackling at this point in the basketball lessons. If a team scores a point the ball goes to the other team.	down as chn continue grow and get older.	I can combine accurate passing skills / techniques in game (L5)	
Lesson 2	perform dribbling and passing skills with accuracy, confidence and control. practise shooting skills	Warm-up: passing around the circle. Chn in a circle attempting to pass multiple balls around in the same order.	Activity 1: Dribbling Dribbling in different directions - children all face same direction, each with a basketball. Teacher at front directs which way they move, e.g. forward, backwards, left, right. 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. Let a pupil give the directions. Activity 2: Chest Pass Re-cap the bounce pass and when it might be used. Teach the chest pass - step with dominant leg, both hands, 'pop' the ball, aim at chest Practise in pairs Play 'Piggy in the Middle' in 3s. Children choosing most appropriate pass - chest or bounce - to avoid the defender. Discuss faking a pass. Remind children that they are not allowed to travel with the ball. Reinforce non-contact.	Head catch cool down game. Free-throw shooting.	Children can dribble and pass the ball with accuracy, confidence and control I can stop a ball with basic control (L1) I can stop / catch a ball with control (L2) I can control and catch a ball with movement (L3) I can control and catch a ball & accurately pass whilst moving (L4) I can combine accurate passing skills / techniques in game (L5)	Cones, bibs, balls Self-assesment how do the chn think they've done? Peer-assessment can chn become coaches?

			If appropriate, introduce dribbling + jockeying to give children decision making opportunities. Aim to complete 5 accurate passes, and then swap the person in the middle.			
Lesson 3:	perform dribbling , passing and shooting skills with accuracy, confidence and control.	Warm-up: re-cap types of pass learnt in previous lesson (<i>chest pass, bounce pass, overhead pass</i>). Use 4 balls and chn must pass and move around the area.	Activity: Shooting Split class into two halves, one facing each basket. Children dribble down to basket and shoot. Teaching points: bend knees, aim for above the ring into the square and it should go in, follow through with arm(s) Practise dribble – jump stop – shoot. Challenge children in their two teams – how many baskets can each team score in two minutes? GAME: if two hoops available play mini 3v3 games regular rotation of teams. If only one hoop available have one hoop and one end zone and rotate every time a team scores. Could use just one basket and tell teams to dribble past half way to re-start game.	Cool down – slow walk and jog in two lines include tip toe walking and dynamic stretching.	Children can dribble, pass and shoot the ball with accuracy, confidence and control I can take part in sending and receiving (L1) I can take part in opposed conditioned games (L2) I can move with a ball (L3) I can move with a ball in opposed situations (L4)	Balls, bibs, cones Self-assessment how do the chn think they've done? Peer-assessment can chn become coaches?
Lesson 4	practise pivoting perform dribbling , passing and shooting skills with accuracy, confidence and control.	Foxes and rabbits. Select two foxes to be on and rabbits each have a bib tucked into shorts. If tail is grabbed rabbit becomes a fox.	Afl: are you allowed to move with the ball in basketball? If so when? Are there times when you cannot move? Introduce the idea of pivoting. Explain that once you have stopped bouncing the ball you are not allowed to bounce it again (double dribble). And you must either pass to a team mate or "pivot" what do chn	Dynamic stretching head catch game.	Children can dribble, pass and shoot the ball with accuracy, confidence and control I can take part in sending and receiving (L1) I can take part in opposed conditioned games (L2)	Balls, bibs, cones Self-assessment how do the chn think they've done? Peer-assessment can

			think "PIVOTING" is? Check understanding here. Allow chn to practice. Mini Game 3v2 Team in possession must try to complete 5 accurate passes within the area without being intercepted. Try to include at least one of each pass (bounce, chest, overhead). If an interception occurs or the ball leaves the area, the opposite team gains possession. If the team with 3 players complete 5 accurate passes, 1 team member and possession switches.		I can move with a ball (L3) I can move with a ball in opposed situations (L4)	chn become coaches?
Lesson 5	perform dribbling , passing and shooting skills with accuracy, confidence and control.	Pirate ship warm up game - adapted for use in basketball. Area 20x20 chn must follow coaches instructions when dribbling the ball.	Activity 1: Hot Potatoes Passing game to improve speed and accuracy. 3 teams of approx 10 players, each team with an equal number of balls. Aim is to pass balls from start to end zone as fast as possible. Children will need to pass accurately and pivot to aim the shot. Repeat but setting a new ball off after the previous ball reaches a certain point, e.g. the 5th person.	Dynamic stretches bring pulse rate down	Children can dribble, pass and shoot the ball with accuracy, confidence and control I can take part in sending and receiving (L1) I can take part in opposed conditioned games (L2) I can move with a ball (L3) I can move with a ball in opposed situations (L4)	Balls, bibs, cones Self-assess how did they do in golf? What was the best way to strike the ball? What did they need to remember when striking the ball?

Lesson 6	perform dribbling , passing and shooting skills with accuracy, confidence and control in a game situation.	Pulse-raising warm up game	<u>Mini-tournament</u> Split chn into teams and play mini games. Ensure teams are evenly split and don't allow chn to steal ball yet. Chn can "jockey" dribbler but cannot snatch ball. Defence can still intercept or block.	Dynamic stretches bring pulse rate down	I can take part in sending and receiving (L1) I can take part in opposed conditioned games (L2) I can move with a ball (L3) I can move with a ball in opposed situations (L4)	Balls, bibs, cones Check for misconceptions. Year 6 and possibly 5 could run warm ups, score or officiate games.
TEACHER NOTES:						