

**Recap: What do we know about basketball?**

**Lesson 1/6**

# **To dribble a basketball under control whilst on the move and and under pressure from a defender**

## **Success Criteria**

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**To be able to:**

- **Dribble the ball under control with both hands**
- **Understand when they need to dribble, and when they need to pass – keeping possession**
- **Understand the term of 'travelling' and 'double dribble'**
- **Pivot on one foot and move into a direction where they can pass the ball**
- **Understand the rules regarding footwork faults**

**Recap: To dribble a basketball under control whilst on the move and under pressure from a defender**

**Lesson 2/6**

# **To pass a basketball under control using different techniques**

## **Success Criteria**

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**To be able to:**

- **Pass the ball using the chest and bounce passes to a partner over a variety of distances**
- **Perform a range of passes in a game situation (Small-sided games, e.g. 2v2 or 3v3, etc.)**
- **Understand when to use a certain type of pass in order to keep possession**
- **Know when to pass and when to dribble**

**Recap: To pass a basketball under control using different techniques**

**Lesson 3/6**

# **To shoot a basketball** **using the 'set shot'** **and 'lay up shot'**

## **Success Criteria**

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**To be able to:**

- **Know how to stand and hold then ball before shooting**
- **Understand what a set shot is**
- **Understand the acronym of BEEF (Balance, Elbow under the ball, Eyes on the target, Follow through)**
- **Start to understand what a lay-up shot is**

**Recap: To shoot a basketball using the 'set shot' and 'lay up shot'**

**Lesson 4/6**

# **To understand the basic rules of basketball**

## **Success Criteria**

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**To be able to:**

- **Understand the rules and know how to start and restart the game**
- **Dribble the ball confidently in a game situation**
- **Consistently receive and control a ball against a defender**
- **Pass, dribble and shoot with control in a variety of games**

**Recap: To understand the basic rules of basketball**

**Lesson 5/6**

# **To play small modified games of basketball**

## **Success Criteria**

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**To be able to:**

- **Know how to start and restart the games, and where the defending teams needs to be**
- **Identify and use tactics to help the team keep the ball and advance it forward**
- **Pass, dribble and shoot with control**

**Recap: To play small modified games of basketball**

**Lesson 6/6**

# **To play small-sided games and follow the rules of the game**

## **Success Criteria**

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**To be able to:**

- **Identify and use tactics to help the team keep the ball and advance it forward**
- **Analyse skills and techniques to modify and improve performance**
- **Understand the rules and know how to start and restart the game**
- **Consistently demonstrates leadership qualities to provide strategy and tactics in game situations for teammates to succeed**