

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

**Lesson 1/6**

# **To develop the technique of dribbling a basketball using their hands against an opponent**

## **Success Criteria**

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**To be able to:**

- **Understand the terms of 'travelling' and 'double dribble'**
- **Use their body/other arm to protect the ball whilst dribbling**

**Recap: To develop the technique of dribbling a basketball using their hands against an opponent**

## **Lesson 2/6**

# **To develop the technique of shooting in basketball**

### **Success Criteria**

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#### **To be able to:**

- **Stand and hold the 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)**

**Recap: To develop the technique of shooting in basketball**

**Lesson 3/6**

# **To play small games and follow the rules of the game in basketball**

## **Success Criteria**

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**To be able to:**

- **Understand the rules and know how to start and restart the game**
- **Pass, dribble and shoot with control in a variety of games**

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

**Lesson 4/6**

# **To develop the role of the defender in football**

## **Success Criteria**

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**To be able to:**

- **Know how to stand when defending**
- **Close down the attacker and try to win the ball**
- **Show the opponent in the direction you want them to go**

**Recap: To develop the role of the defender in football**

## **Lesson 5/6**

# **To develop the shooting technique in football**

### **Success Criteria**

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**To be able to:**

- **Stand and approach the ball to shoot correctly**
- **Understand the ABCs of shooting (Angle, Balance, Contact)**
- **Understand how to hit the ball, and where to aim**

**Recap: To develop the shooting technique in football**

## **Lesson 6/6**

# **To play small-sided games using the techniques shown throughout in football**

### **Success Criteria**

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**To be able to:**

- **Play small games following the rules provided**
- **Put into practice the techniques shown**
- **Understand when and where certain techniques need to be used – dribble, pass or shoot?**