

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

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

To be able 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)**

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

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

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

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

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?**