

Recap: What do we know about basketball?

Lesson 1/6

To develop dribbling the ball whilst under pressure from a defender in basketball

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 dribbling the ball whilst under pressure from a defender in basketball

Lesson 2/6

To develop the skill of passing in basketball

Success Criteria

To be able to:

- **Know the technique for passing the ball from their chest to a partner**
- **Chest pass the ball to a partner over a variety of distances**
- **Cushion the ball into their chest when catching**

Recap: To develop the skill of passing in basketball

Lesson 3/6

To develop the technique of shooting in basketball

Success Criteria

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)**

Recap: What do we know about football?

Lesson 4/6

To develop turning/ changing direction whilst up against a defender

Success Criteria

To be able to:

- **Change direction with the ball whilst moving**
- **Turn with the ball using different surfaces of the foot**
- **Understand to keep their knee bent when changing direction, to be able to push away with speed**
- **Start the turn slow then push away fast**

Recap: To develop turning/changing direction whilst up against a defender

Lesson 5/6

To develop passing a football over a short distance

Success Criteria

To be able to:

- **Understand where they need to contact the ball to pass it correctly**
- **Know how to stand and approach the ball to pass it**
- **Aim a pass at a partner over a short distance**

Recap: To develop passing a football over a short distance

Lesson 6/6

To develop shooting a football towards a target using the correct technique

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**