

**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**

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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 dribbling the ball whilst under pressure from a defender in basketball**

**Lesson 2/6**

# **To develop the skill of passing in basketball**

## **Success Criteria**

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### **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**

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

- **Know how 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: What do we know about football?**

**Lesson 4/6**

# **To develop turning/ changing direction whilst up against a defender**

## **Success Criteria**

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### **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**

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### **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**

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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**