

Recap: What do we know about basketball?

Lesson 1/6

To introduce the chest pass 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 introduce the chest pass in basketball

Lesson 2/6

To introduce the 'pivot' **in basketball**

Success Criteria

To be able to:

- **Understand what the 'pivot' is**
- **Use the 'pivot' in both directions**
- **Understand the rules and know how to start and restart the game**
- **Pass, dribble, and shoot with control in a variety of games**

Recap: To introduce the 'pivot' in basketball

Lesson 3/6

To introduce 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 introduce the technique of shooting in football

Success Criteria

To be able to:

- **Know how 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 introduce the technique of shooting in football

Lesson 5/6

To introduce the role of the defender in football

Success Criteria

To be able to:

- **Know how to stand when defending**
- **Close the attacker and try to win the ball**
- **Attempt to win the ball when the opportunity arises**

Recap: To introduce the role of the defender in football

Lesson 6/6

To play 3v3 football games using the techniques shown throughout

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?**