

Recap: What do we know about basketball?

Lesson 1/6

**To introduce
dribbling a basketball
under control
whilst stationary**

Success Criteria

To be able to:

- Dribble the ball under control with both hands**
- Bend their knees slightly and keep the ball moving at waist height**
- Dribble the ball in all directions**

Recap: To introduce dribbling a basketball under control whilst stationary

Lesson 2/6

To introduce the rules of dribbling a 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 introduce the rules of dribbling a basketball

Lesson 3/6

To introduce passing a basketball whilst stationary

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: What do we know about football?

Lesson 4/6

To introduce dribbling a football using their feet

Success Criteria

To be able to:

- Dribble the ball with their feet, keeping it under control**
- Move in a variety of directions whilst keeping the ball under control**

Recap: To introduce dribbling a football using their feet

Lesson 5/6

**To introduce turning/
changing direction
using different surfaces
of the foot 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 introduce turning/changing direction using different surfaces of the foot whilst up against a defender

Lesson 6/6

To introduce passing the ball 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**