

Lesson 1/6

To dribble a ball using their feet in football

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

Lesson 2/6

To introduce turning 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

Lesson 3/6

To dribble a ball using their hands against an opponent in basketball

Success Criteria

To be able to:

- Dribble a ball with their hands in a stationary position
- Understand how they need to bounce the ball to keep control
- Play against an opponent and understand how to keep the ball under control
- Use their bodies to protect the ball against the defender

Lesson 4/6

To introduce the chest passing in basketball

Success Criteria

To be able to:

- Chest pass the ball to a partner over a variety of distances
- Cushion the ball into their chest when catching
- Pass the ball over a variety of distances and know how hard it needs to be passed

Lesson 5/6

To introduce and develop different types of passing used in handball

Success Criteria

To be able to:

- Pass the ball using the overarm pass
- Understand when to use the bounce pass in order to get the ball to a teammate

Lesson 6/6

To pass and move in handball

Success Criteria

To be able to:

- **Combine the skills of moving and passing**
- **Pass the ball using the bounce pass**
- **Understand when to use the bounce pass in order to get the ball to a teammate**