

Recap: What do we know about basketball?

Lesson 1/6

To dribble a basketball under control whilst on the move and and under pressure from a defender

EDSTART KNOW	EDSTART GO	EDSTART SHOW
<ul style="list-style-type: none">• I can explain why we dribble in basketball.• I can describe what travelling and double dribble mean.• I can understand when to dribble and when to pass.	<ul style="list-style-type: none">• I can dribble with both my strong and weak hand.• I can dribble while moving and under pressure from a defender.• I can pivot correctly without breaking the rules.	<ul style="list-style-type: none">• I can respect defenders and attackers when playing games.• I can encourage others when practising dribbling skills.• I can work fairly with partners in competitive activities.

Recap: To dribble a basketball under control whilst on the move and under pressure from a defender

Lesson 2/6

To pass a basketball under control using different techniques

EDSTART KNOW

- I can explain what a chest pass and bounce pass are.
- I can describe when to use each pass in a game.
- I can understand why quick, flat passes help keep possession.

EDSTART GO

- I can perform chest passes accurately to a partner.
- I can use bounce passes when defenders block.
- I can pass and move into space during games.

EDSTART SHOW

- I can work as part of a team to keep the ball.
- I can encourage my partner to use correct technique.
- I can play fairly in team games, respecting turnovers.

Recap: To pass a basketball under control using different techniques

Lesson 3/6

To shoot a basketball using the 'set shot' and 'lay up shot'

EDSTART KNOW

- I can explain what a set shot and lay-up are.
- I can describe the acronym BEEF for shooting technique.
- I can understand when to shoot in a game.

EDSTART GO

- I can perform a set shot with balance and follow-through.
- I can use a lay-up with correct steps and take-off.
- I can shoot from different distances with accuracy.

EDSTART SHOW

- I can take turns fairly when practising shots.
- I can celebrate my partner's successful shots.
- I can respect rules during shooting competitions.

Recap: To shoot a basketball using the 'set shot' and 'lay up shot'

Lesson 4/6

To understand the basic rules of basketball

EDSTART KNOW

- I can explain key rules such as travelling, double dribble, and fouls.
- I can describe when to pass, dribble, or shoot in a game.
- I can understand how to start and restart a game.

EDSTART GO

- I can dribble and pass while under pressure.
- I can work with my team to keep possession.
- I can play in small-sided games using the rules.

EDSTART SHOW

- I can work with my team fairly in possession games.
- I can show good sportsmanship when defending and attacking.
- I can respect referees, scorers, and rules.

Recap: To understand the basic rules of basketball

Lesson 5/6

To play small modified games of basketball

EDSTART KNOW

- I can explain how to start and restart games.
- I can describe basic team tactics such as keeping possession.
- I can understand defensive strategies like full court and half court press.

EDSTART GO

- I can pass, dribble, and shoot with control in small games.
- I can apply defensive tactics during matches.
- I can rebound and compete fairly for the ball.

EDSTART SHOW

- I can play fairly in small-sided games.
- I can support my team by listening and communicating.
- I can respect both teammates and opponents.

Recap: To play small modified games of basketball

Lesson 6/6

To play small-sided games and follow the rules of the game

EDSTART KNOW

- I can explain the main rules of basketball.
- I can describe how to use both attack and defence tactics.
- I can understand how to analyse and improve my performance.

EDSTART GO

- I can dribble, pass, and shoot confidently in matches.
- I can use strategies to keep possession and attack.
- I can defend by angling my body and showing opponents to their weaker side.

EDSTART SHOW

- I can lead and support my teammates during games.
- I can respect the referee's decisions and rules.
- I can show resilience and fairness whether I win or lose.