

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

- I can explain when I need to dribble and when I need to pass.
- I can describe the rules of travelling and double dribble.
- I can understand why keeping the ball low improves control.

EDSTART GO

- I can dribble with both hands under control.
- I can dribble while stationary, moving, and under pressure.
- I can change speed and direction while keeping possession.

EDSTART SHOW

- I can respect defenders when they challenge me.
- I can encourage my teammates in dribbling games.
- I can play fairly when competing for possession.
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Recap: To dribble a basketball under control whilst on the move and under pressure from a defender

Lesson 2/6

To work on the footwork needed in basketball

EDSTART KNOW

- I can explain what pivoting is.
- I can describe why pivoting helps me pass under pressure.
- I can understand the rules about footwork faults.

EDSTART GO

- I can pivot on one foot and pass in different directions.
- I can combine pivoting with dribbling to keep possession.
- I can use pivoting in games of keep-ball.

EDSTART SHOW

- I can support my teammates when passing and pivoting.
- I can respect defenders by playing fairly.
- I can encourage my partner when practising new skills.

Recap: To work on the footwork needed in basketball

Lesson 3/6

To pass accurately using the chest pass

EDSTART KNOW

- I can explain when to use the chest pass.
- I can describe how to hold the ball and step into a pass.
- I can understand why passes must be flat and quick.

EDSTART GO

- I can chest pass accurately to my partner.
- I can receive the ball safely by cushioning it into my chest.
- I can combine chest passes in pass-and-move games.

EDSTART SHOW

- I can encourage my teammates during passing games.
- I can respect my opponents when playing keep-ball.
- I can celebrate good passes made by my team.

Recap: To pass accurately using the chest pass

Lesson 4/6

To pass a basketball under control using different techniques

EDSTART KNOW

- I can explain how to perform a bounce pass.
- I can describe when to use a bounce pass instead of a chest pass.
- I can understand how to step into a pass for accuracy.

EDSTART GO

- I can perform bounce passes with control.
- I can combine chest and bounce passes in a rally.
- I can play keep-ball using different passes.

EDSTART SHOW

- I can encourage teammates to use the correct pass.
- I can respect opponents when playing passing games.
- I can support my partner when learning new skills.

Recap: To pass a basketball under control using different techniques

Lesson 5/6

To shoot a basketball using the 'set shot'

EDSTART KNOW

- I can explain what **BEEF** stands for (**B**alance, **E**lbow, **E**yes, **F**ollow through).
- I can describe how to stand and hold the ball before shooting.
- I can understand the difference between a set shot and a lay-up.

EDSTART GO

- I can shoot using correct technique from a set shot.
- I can attempt a lay-up by running and shooting off one foot.
- I can practise shooting in races and challenges.

EDSTART SHOW

- I can respect defenders and feeders during shooting games.
- I can celebrate teammates' successful shots.
- I can encourage others when they are practising shooting.

Recap: To shoot a basketball using the set shot

Lesson 6/6

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

EDSTART KNOW

- **I can explain the basic rules of basketball.**
- **I can describe how to start and restart a game.**
- **I can understand how tactics help my team keep possession.**

EDSTART GO

- **I can dribble, pass, and shoot with control in games.**
- **I can use tactics like marking and moving into space.**
- **I can play fairly in small-sided matches.**

EDSTART SHOW

- **I can respect referees and opponents.**
- **I can encourage teammates in competitive games.**
- **I can show fairness whether I win or lose.**