

**Recap: What do we know about basketball?**

## **Lesson 1/6**

# **To develop the technique of dribbling a basketball using their hands against an opponent**

<b>EDSTART KNOW</b>	<b>EDSTART GO</b>	<b>EDSTART SHOW</b>
<ul style="list-style-type: none"><li>• I can explain what 'travelling' and 'double dribble' mean.</li><li>• I can describe how to protect the ball with my body/arm.</li><li>• I can understand how to dribble safely when pressured.</li></ul>	<ul style="list-style-type: none"><li>• I can dribble using fingertips at waist height.</li><li>• I can change speed and direction while keeping control.</li><li>• I can use traffic light, receive &amp; dribble, and Champion of the Court activities.</li></ul>	<ul style="list-style-type: none"><li>• I can respect defenders by following the rules.</li><li>• I can encourage my teammates during dribbling games.</li><li>• I can celebrate effort whether I win or lose.</li></ul>

**Recap: To develop the technique of dribbling a basketball using their hands against an opponent**

## **Lesson 2/6**

# **To develop the technique of shooting in basketball**

### **EDSTART KNOW**

- I can explain what a set shot is.
- I can describe the acronym BEEF (Balance, Elbow, Eyes, Follow-through).
- I can understand when and why to shoot.

### **EDSTART GO**

- I can use correct stance and follow through when shooting.
- I can shoot from different distances in races and challenges.
- I can combine passing, dribbling, and shooting in games.

### **EDSTART SHOW**

- I can respect others when they are shooting.
- I can encourage my group in Race to the Finish and Keep Ball.
- I can support my team by working together.

**Recap: To develop the technique of shooting in basketball**

**Lesson 3/6**

# **To play small games and follow the rules of the game in basketball**

## **EDSTART KNOW**

- I can explain the basic rules of basketball.
- I can describe how to start and restart play.
- I can understand when to dribble, pass, or shoot.

## **EDSTART GO**

- I can dribble, pass, and shoot in small games.
- I can move into space to support my team.
- I can mark opponents to stop them receiving.

## **EDSTART SHOW**

- I can respect referees and opponents in games.
- I can encourage my teammates during small matches.
- I can play fairly whether I win or lose.

**Recap: What do we know about football?**

**Lesson 4/6**

# **To develop the role of the defender in football**

## **EDSTART KNOW**

- I can explain how to stand when defending.
- I can describe how to close down attackers safely.
- I can understand how to show attackers into safe areas.

## **EDSTART GO**

- I can defend 1v1 and deny space to attackers.
- I can practise small movements to stay goal side.
- I can apply defending in gauntlet and conditioned games.

## **EDSTART SHOW**

- I can respect attackers when defending.
- I can encourage my teammates during defensive drills.
- I can celebrate team effort even if we don't win.

**Recap: To develop the role of the defender in football**

## **Lesson 5/6**

# **To develop the shooting technique in football**

### **EDSTART KNOW**

- I can explain the ABC of shooting (Angle, Balance, Contact).
- I can describe how to place my standing foot.
- I can understand where to aim when shooting.

### **EDSTART GO**

- I can shoot using correct contact with my laces.
- I can aim at targets in Battleships and small games.
- I can apply shooting in 3v3 matches.

### **EDSTART SHOW**

- I can respect my partner during shooting practice.
- I can encourage others to try with both feet.
- I can support my team in shooting games.

**Recap: To develop the shooting technique in football**

**Lesson 6/6**

# **To play small-sided games using the techniques shown throughout in football**

## **EDSTART KNOW**

- I can explain the rules of small-sided football.
- I can describe when to dribble, pass, or shoot.
- I can understand how teamwork helps success.

## **EDSTART GO**

- I can combine dribbling, passing, defending, and shooting in games.
- I can play conditioned football with correct rules.
- I can work in a team to score and defend.

## **EDSTART SHOW**

- I can respect referees, opponents, and teammates.
- I can encourage others during World Cup and matches.
- I can show fairness whether I win or lose.