

Recap: What do we know about basketball?

Lesson 1/6

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

EDSTART KNOW

- I can explain what 'travelling' and 'double dribble' mean.
- I can describe how to protect the ball with my body/arm.
- I can understand how to dribble safely when pressured.

EDSTART GO

- I can dribble using fingertips at waist height.
- I can change speed and direction while keeping control.
- I can use traffic light, receive & dribble, and Champion of the Court activities.

EDSTART SHOW

- I can respect defenders by following the rules.
- I can encourage my teammates during dribbling games.
- I can celebrate effort whether I win or lose.

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.