

Recap: What do we know about basketball?

Lesson 1/6

To develop dribbling the ball whilst under pressure from a defender in basketball

EDSTART KNOW

- I can explain the rules of travelling and double dribble.
- I can describe how to protect the ball with my body.
- I can understand why it's important to keep my head up when dribbling.

EDSTART GO

- I can dribble with control using both hands.
- I can change speed and direction while keeping possession.
- I can dribble past defenders in games like Champion of the Court.

EDSTART SHOW

- I can respect defenders and play fairly.
- I can encourage teammates when dribbling under pressure.
- I can celebrate effort as well as success.

Recap: To develop dribbling the ball whilst under pressure from a defender in basketball

Lesson 2/6

To develop the skill of passing in basketball

EDSTART KNOW

- I can explain how to chest pass.
- I can describe how to cushion the ball when catching.
- I can understand why quick passing helps my team.

EDSTART GO

- I can chest pass with control to a partner.
- I can receive and secure the ball safely.
- I can combine passing in keep-ball games.

EDSTART SHOW

- I can respect my partner during passing drills.
- I can encourage others in timed challenges.
- I can support my team in keep-ball games.

Recap: To develop the skill of passing in basketball

Lesson 3/6

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 how stance and follow-through affect accuracy.**

EDSTART GO

- **I can perform a set shot using correct technique.**
- **I can score from different distances.**
- **I can apply shooting in small games and races.**

EDSTART SHOW

- **I can respect teammates when they are shooting.**
- **I can encourage others to improve their technique.**
- **I can play fairly in team competitions.**

Recap: What do we know about football?

Lesson 4/6

To develop turning/ changing direction whilst up against a defender

EDSTART KNOW

- I can explain why turning helps lose a defender.
- I can describe how to bend my knees to change direction quickly.
- I can understand how to shield the ball from defenders.

EDSTART GO

- I can dribble with control using different parts of my foot.
- I can turn quickly to beat a defender.
- I can apply turns in 1v1 and 2v2 games.

EDSTART SHOW

- I can respect defenders when playing 1v1.
- I can encourage my partner during turning challenges.
- I can celebrate team effort fairly.

Recap: To develop turning/changing direction whilst up against a defender

Lesson 5/6

To develop passing a football over a short distance

EDSTART KNOW

- I can explain how to use the inside of my foot to pass.
- I can describe how to stand and approach the ball.
- I can understand why accuracy matters more than power.

EDSTART GO

- I can pass to a partner over short distances.
- I can combine passing with movement through gates.
- I can pass in small-sided possession games.

EDSTART SHOW

- I can respect my teammates when passing.
- I can encourage my partner in challenges.
- I can share success fairly in Battleships and team games.

Recap: To develop passing a football over a short distance

Lesson 6/6

To develop shooting a football towards a target using the correct technique

EDSTART KNOW

- I can explain the ABC of shooting (Angle, Balance, Contact).
- I can describe how to strike through the ball with my laces.
- I can understand where to aim when shooting at goal.

EDSTART GO

- I can shoot at targets with correct technique.
- I can combine passing and shooting in drills.
- I can apply shooting in mini World Cup matches.

EDSTART SHOW

- I can respect goalkeepers and defenders when shooting.
- I can encourage teammates during shooting challenges.
- I can show fairness in matches whether I win or lose.