

Recap: What do we know about basketball?

Lesson 1/6

To introduce dribbling a basketball under control whilst stationary

EDSTART KNOW

- I can explain how to dribble the ball using control.
- I can describe why bending my knees helps.
- I can understand why the ball should bounce at waist height.

EDSTART GO

- I can dribble with both hands while standing still.
- I can dribble in different directions.
- I can keep control during small games.

EDSTART SHOW

- I can respect others when sharing equipment.
- I can encourage others in dribbling games.
- I can celebrate everyone's effort.

Recap: To introduce dribbling a basketball under control whilst stationary

Lesson 2/6

To introduce the rules of dribbling a basketball

EDSTART KNOW

- I can explain what travelling and double dribble mean.
- I can describe how to protect the ball while dribbling.
- I can understand why dribbling rules are important.

EDSTART GO

- I can dribble legally without travelling.
- I can use my body to shield the ball.
- I can apply dribbling in small games.

EDSTART SHOW

- I can respect opponents when playing.
- I can encourage teammates in challenges.
- I can celebrate fairness and effort.

Recap: To introduce the rules of dribbling a basketball

Lesson 3/6

To introduce passing a basketball whilst stationary

EDSTART KNOW

- I can explain the technique of a chest pass.
- I can describe why I step into the pass.
- I can understand how to cushion the ball when catching.

EDSTART GO

- I can pass to a partner over different distances.
- I can catch using the correct hand position.
- I can apply passing in small games.

EDSTART SHOW

- I can respect my partner in passing drills.
- I can encourage others to improve.
- I can celebrate team effort.

Recap: What do we know about football?

Lesson 4/6

To introduce dribbling a football using their feet

EDSTART KNOW

- I can explain how to dribble with small touches.
- I can describe how to use different parts of my feet.
- I can understand why I keep the ball close.

EDSTART GO

- I can dribble with control in all directions.
- I can protect the ball from defenders.
- I can dribble safely in small games.

EDSTART SHOW

- I can respect defenders when playing.
- I can encourage my team.
- I can celebrate improvements fairly.

Recap: To introduce dribbling a football using their feet

Lesson 5/6

**To introduce turning/
changing direction
using different surfaces
of the foot whilst
up against a defender**

EDSTART KNOW

- I can explain how to turn with the ball.
- I can describe which parts of my foot to use.
- I can understand why bending my knees helps.

EDSTART GO

- I can turn and change direction with control.
- I can beat defenders using turns.
- I can apply turning in small games

EDSTART SHOW

- I can respect my partner during practice.
- I can encourage others to try new turns.
- I can celebrate effort in games.

Recap: To introduce turning/changing direction using different surfaces of the foot whilst up against a defender

Lesson 6/6

To introduce passing the ball over a short distance

EDSTART KNOW

- I can explain how to use the inside of my foot.
- I can describe how to stand and place my non-kicking foot.
- I can understand why accuracy is more important than power.

EDSTART GO

- I can pass to a partner over a short distance.
- I can apply passing in Battleships.
- I can pass through small gates in challenges.

EDSTART SHOW

- I can respect my partner when practising.
- I can encourage my team in games.
- I can celebrate effort fairly.