



Medium Term Unit Planning

Lesson title and learning Intention	Threshold concepts (success criteria)	Milestones (success criteria)	Lesson structure/differentiation
P.E. - Basketball			
1. To dribble a basketball with control – increasing control, technique and speed	Develop practical skills in order to participate, compete and lead a healthy lifestyle.	<p>Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).</p> <p>Work alone, or with team mates in order to gain points or possession.</p>	<p>Watching clips of women and men's basketball – what skills can they identify in terms of travelling/ball control/invasion? What body parts will we need to warm up?</p> <p>Warm up – jumping jacks – travelling – skipping, hopping. On whistle – find cone -jumping jacks/side to side, forward and back</p> <p>Skill – dribbling - basketball players cannot walk or run while holding onto the ball. In order to move around the court with the ball, they must bounce the ball on the ground while walking or running.</p> <p>Dribbling on spot – moving around, changing hands, low, high. Why is it important to look up?</p> <p>Dribbling on the move - trails</p> <p>Rules when dribbling with the ball:</p> <ul style="list-style-type: none">• dribble the ball with two hands at the same time;



Medium Term Unit Planning

			<ul style="list-style-type: none"> • let the ball come to rest in their hands and then continue to dribble (this is a double dribble and is a foul). <p>Game – collect the treasure – dribble balls back to team hoops</p> <p>Cool down</p>
<p>2. Use a range of techniques to pass the basketball</p>	<p>Develop practical skills in order to participate, compete and lead a healthy lifestyle.</p>	<p>Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).</p> <p>Work alone, or with team mates in order to gain points or possession.</p>	<p>Video – spot the types of passes</p> <p>Why warm up? Sharks game –</p> <p>Chest Pass: most accurate way to get the ball around the court. Technique demo. Practise the technique for the chest pass in groups of three, standing four to five metres apart in a triangle. How many passes can you make in one minute?</p> <p>Bounce Pass: basketballs: used to move the ball over a short distance or when space is restricted, great pass to use when defenders are closing in and you need to act quickly or when there is a defender between you and a teammate. Triangle/bounces in a minute.</p> <p>Overhead Pass: enables players to pass the ball over the top of defenders – the lob</p> <p>2 v 1 – piggy in the middle, range of passes</p> <p>Passing and Moving: combine the skills of dribbling and passing – 10mx10m. Half the</p>



Medium Term Unit Planning

			<p>class will dribble around the area with a basketball, the other half will jog around without a ball. On the whistle, all players stop and the players with a ball must pass to a player without a ball. Eye contact and name. Call type of pass.</p> <p>Cool down</p>
<p>3. Move around court effectively. Know how to pivot.</p>	<p>Develop practical skills in order to participate, compete and lead a healthy lifestyle.</p>		<p>Video watch – movement around the court – describe/skills</p> <p>Warm up – ladders</p> <p>Fast feet drill:</p> <ul style="list-style-type: none">• Sprint on the spot, with minimal leg raise and fast feet.• Follow the arm signals to move to the left or right in a sidestepping motion.• Repeat with bouncing a basketball <p>Feet hip width apart/face forward/don't cross over legs</p> <p>Pivoting: Jog around, avoiding the hoops on the floor. On one whistle blow, place one foot inside a hoop and the other foot outside. The foot inside the hoop is not allowed to move. The other foot can move to change direction before jogging off again. On two whistle blows, land with both feet inside a hoop. You then</p>



Medium Term Unit Planning

			<p>may choose your anchor foot and place the other foot outside the hoop to move and change direction.</p> <p>Dribble, pivot, pass - With a basketball per group of four or five, take it in turns to dribble five metres, pivot 180° and then chest pass to the next person in line</p> <p>Cool down – miming – why is it important to cool down?</p>
4. Strategies to keep possession of the ball	Develop practical skills in order to participate, compete and lead a healthy lifestyle.	<p>Defend and attack tactically by anticipating the direction of play.</p> <p>Choose the most appropriate tactics for a game.</p> <p>Uphold the spirit of fair play and respect in all competitive situations.</p>	<p>What is the difference between attacking and defending? What does that look like in Basketball? A defender can knock a ball away so need skills to avoid this. How can we protect the ball?</p> <p>Skill – the crossover Game – snatcher – like tag but ball knocked away, become a snatcher if you lose possession of the ball.</p> <p>Snatcher with catchers – same but can now pivot 2 v 1 dribbling, pivoting, passing</p>
5. To know how to mark a player effectively. To	Develop practical skills in order to participate, compete and lead a healthy lifestyle.	Defend and attack tactically by anticipating the direction of play.	<p>Warm up – skunk tag</p> <p>Skill – The Defensive Stance:</p>



Medium Term Unit Planning

<p>get free from a defender.</p>		<p>Choose the most appropriate tactics for a game.</p> <p>Uphold the spirit of fair play and respect in all competitive situations.</p>	<p>What does 'marking' look like? What is the stance (body position) of a defender who is marking? What is one of the main jobs of a defender? When the opposition have the ball, it is important that they are not given too much space and are prevented from getting into a point-scoring position. This can be done with a defender 'closing down' the player in possession by getting close to them as quickly as possible. If the player has stopped dribbling and is looking to pass the ball, you can then position yourself in a way that makes it difficult for them to pass it.</p> <p>Protect the hoop –</p> <p>Man 2 man marking –</p> <p>Octopus tag – getting free from a defender</p> <p>Mini game 7 v7</p> <p>Cool down – up, down, under, over</p>
<p>6. To apply our basketball skills when playing as part of a team in a game. To evaluate our performance.</p>	<p>Develop practical skills in order to participate, compete and lead a healthy lifestyle.</p>	<p>Defend and attack tactically by anticipating the direction of play.</p> <p>Choose the most appropriate tactics for a game.</p> <p>Uphold the spirit of fair play and respect in all competitive situations.</p>	<p>Warm up – 1,2,3,4</p> <p>Skill – Teamwork and Communication: Why is teamwork important in basketball? Can one very skilful player win a game by themselves? Under/over game</p> <p>The Tournament: Recap - What is the aim of an attacker? What is the aim of a defender? What skills and strategies will help an attacker keep possession of the ball? How can a defender steal the ball from an attacking</p>



Medium Term Unit Planning

			<p>player dribbling with it? What is the stance (body position) of a defender who is marking? How can an attacking player get free from a defender? What are the rules of basketball we have learnt so far? Basketball Tournament Cool-Down - Team Seating</p>
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