

Scheme of Work: Basketball

Key Stage: 3	Duration: 6 lessons	
<p>Intent: To build on the fundamental skills required to perform at maximum levels in small sided games. Development of the basic principles of attack and defence in basketball. To develop the ability to use simple tactics and strategies to outwit the opposition.</p>		
<p>Knowledge</p> <p>Through the implementation, students will be able to understand, use and recall the following knowledge relating to basketball:</p> <ul style="list-style-type: none"> Principles of attack and defence Finding and using space Different marking, covering, delaying strategies Application of modified game rules 	<p>Skills</p> <ul style="list-style-type: none"> Passing/Receiving Shooting Dribbling Footwork Ball control Rebounding 	<p>Sequencing</p> <p>Learning should:</p> <ul style="list-style-type: none"> Incorporate the basic principles of attack and defence that increase in level of challenge. Involve progressive gameplay to allow for tactical planning. Allow students to take on different roles within practices and games using modified rules.
<p>Key Concepts and Processes:</p>		
<p>Outwitting an opponent</p> <p>Pupils will develop the ability to outwit opponents and teams using adapted strategies. Pupils will learn to choose, combine and perform basic football skills applying fluency and accuracy in replication. Adaptation and refinement of core skills will contribute to producing an improved performance and outwit opposition more frequently.</p>	<p>Developing Physical & Mental Capacity</p> <p>Develop ability to perform sustained physical movements as part of a warm up and games activities. Use basketball concepts to develop observation skills on peer performances and individual techniques. To develop an understanding of the basic rules and roles during a game situation.</p>	<p>Development & Replication of Skills</p> <p>Pupils will develop the fundamental principles of play when replicating core skills and movement needed including; Passing, Receiving, outwitting defenders, shooting, dribbling and movement patterns. Technique will be further tested through its use in small sided games and conditional situations and assessed against expected learning outcomes.</p>
<p>Decision Making and Problem Solving</p> <p>Pupils will learn to identify and recognise principles of attack and defence and begin to work out how to adapt dependent on opposition. Pupils will implement strategic and tactical decisions based on movement of the ball into space and choice of skill execution. Opportunities to play a variety of roles within a team (defender, attacker, and referee).</p>	<p>Personal Development</p> <p>To understand the importance of sportsmanship and particular British Values linked to sport (tolerance and respect for others) Highlight possible character building opportunities through basketball based activities and discuss the need to stay healthy and active throughout life. Signpost enrichment opportunities within the school timetable and in the wider community.</p>	<p>Evaluating and Improving</p> <p>Be able to understand the concept of games activities and make effective evaluations of strengths and weaknesses in performance. Pupils will have the opportunity to use observation to analyse individual's techniques. (Peer coaching, 'what makes good' questioning/demos & targeted differentiated questioning)</p>
<p>Scan these QR codes for information</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>Basic Ball Handling</p> </div> <div style="text-align: center;">  <p>Pivoting</p> </div> <div style="text-align: center;">  <p>Lay Up</p> </div> </div>		

Implementation			
Week	Learning objectives	Suggested lesson tasks/activity ideas	Differentiation/ Personalised Learning/Assessment Tools
1	Ball familiarisation + passing To be able to replicate basic ball handling skills. To be able to perform these in a small sided game to maintain ball possession. To develop their understanding and knowledge of the basic rules of Basketball.	Pulse raiser – basketball movements in a small 10m grid. Dynamic stretches (i.e. lunge, touch instep of foot) 1 ball each to replicate handling skills. (see QR code 'basic ball handling'). Experiment sending and receiving ball in own space. Discuss basic passing + movement around court in pairs, must pivot when receiving the ball. Teaching points: use hands as a target, show control and accuracy in handling + passing. Benchball/endball game (no movement with ball) progress to small Basketball game (3 v 3)	Adapt the size of practice area or size of target in SSG (backboard or ring). Mid-lesson plenaries check – Recap technical points to passing and receiving the ball? What decisions are you forced to make in a games situation?
2	Dribbling & Pivoting To replicate the core skill of dribbling with control and accuracy. To be able to perform skills in a small sided game making decisions about how best to advance on opposition. To develop an understanding of the rule of travelling.	Pairs warm up - Count to 3. Replace 1, 2 & 3 with jump, side step and jog backward and then forwards. In small grid, pupils to pass and move as a pair without dribbling. Progress to dribbling relays in pairs. Including use of coned slalom. Work on pivoting and turn quickly to outwit opponent once ball is received. Teaching points (See QR code) waist height dribble, use fingertips, head up. Always turn into space. Conditioned SSG – 3 bounces only. Use in positive direction i.e. towards basket.	Decrease speed of movement or increase size of working grid. Mid-lesson plenaries check – recap teaching points. How might the player without the ball assist the ball carrier?
3	Passing and movement off the ball. To be able to replicate passes in a space with changing environment. To understand the importance of speed of thought and playing into space in order to attack and outwit opponents. To begin to understand the need of tactical movements to invade opponents goal.	Split group into 2. One with ball + other without. Dribbling and move with ball or jog around in area if pupils don't have a ball. 3vs1 attacking drill towards a basket. Use different passes based on what situation faced with. Teaching points: Can use chest/bounce/overhead pass. Focus on weight of pass and accuracy. Highlight the use of space to keep possession. Show movement to support player with the ball. Recap basic rules and play conditioned basketball game – 3 passes before you can score.	Decrease/increase pace of passing in grids. Mid-lesson plenaries check – How might spatial awareness be used in a game? Identify variations in passes–Discuss use throughout.
4	Shooting – set shot To develop their understanding and knowledge of how to execute a successful set shot. To be able to outwit opponents using learnt skills and techniques. To develop an understanding of the importance of playing into space in order to attack.	Pairs warm up; A's dribble around space with B's following. On whistle -A's sprint for 3 seconds away. B's must catch. Perform set shot technique on the spot (BEEF-balance, elbows-45°, eyes on ring & follow through-snap wrists). 3's Shooting at basket – from free throw line. In 4's - Progress to 21 game. 1 shoots from free throw line. If miss next in line rebounds & shoots from rebound position. Keep going until a score = 1 point. Scorer takes ball to start and has set shot. Successful from free throw line = 2 points. SSG - 4 vs 4.	Decrease/increase pace of warm up. Mid-lesson plenaries check – Demo successful & unsuccessful shots – identify reasoning. Recap teaching points checklist for set shot. Why is each element needed?
5	Shooting – lay up To replicate a basic lay up technique in a variety of situations. To understand and appreciate the need to make decisions about choice of technique and refining ideas when unsuccessful.	Warm up – ladder work. 2v2 ½ court trying to outwit opponents using skills built up. Highlight importance of ball support, width/angles, moving the ball quickly. Experiment with lay up – Focus on teaching points (See QR code); Footwork, Approach-45° to basket, Aim for square, Attack at pace/drive to basket. Replicate lay up from the right hand side. Progress to dribbling before lay up. Small Sided Game-3v3 games full court.	Limit size of working area. Mid-lesson plenaries check – highlight why possession is key. Discuss how knowledge has improved and what pupils know about a lay up that they didn't know before.
6	Outwitting Opponents in a competitive game situation To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. To identify strengths and weaknesses when playing small sided games and adapt strategies where necessary. To identify the type of information you might provide team mates when off the ball.	Pairs warm up – leader performs movements, follower copies. Pair must stay close together. Pairs - ball movement around grid. 2vs1 directional practice towards a target. Use of skills learnt and highlight timing of decision making on the court. Progress to conditioned 4 vs 4 competitive game – everybody in the team must touch the ball before a basket is scored. During the game encourage players to provide information to each other. Discuss the type of info you may give (defenders positioning, movement or run to become free)	Pair individuals up according to ability/fitness level. Mid-lesson plenaries check – discuss ways to beat a defender, which ones were successful? Identify information that others can provide?

<p>Impact</p>	
<p>1. Movement with the ball (Dribbling).</p> <p>Emerging: Demonstrate basic movement techniques with the ball (dribbling) applied with some coordination and control to gain an advance over an opponent. Confidence, accuracy and consistent replication is evident in low pressure situations.</p> <p>Developing: Perform the necessary dribbling skills to suit the situation. Use different speeds and can maneuver/manipulate the defenders position by exploiting open spaces.</p> <p>Mastery: Control the ball and subsequently move/travel with the ball fluently. Skills are consistent and performed much quicker in response to opposition pressure and make a significant impact on the game played.</p>	<p>2. Execution of core skills (Passing/receiving & Shooting)</p> <p>Emerging: Use basic techniques in a competitive game and will pass, receive and shoot with reasonable accuracy. Performs these skills at a consistent speed. Identify the differences between their performances and others.</p> <p>Developing: Passes using different variations dependent on the situation faced. Accurately replicate core skills consistently and as a result plays a main role in small sided games.</p> <p>Mastery: Identify the type of core skill needed and perform these fluently and quickly even under pressure. More advanced variations of these skills are attempted and mostly successful.</p>
<p>3. Outwitting Opponents in a competitive game situation</p> <p>Emerging: Show a basic tactical awareness and react to opponent's pressure in a small sided game.</p> <p>Developing: Use a sound understanding of the principles of attack when planning their approaches to competitive games. Work effectively in a small team to choose and put into practice tactics for attacking and defending;</p> <p>Mastery: Demonstrate a sound level of tactical awareness and respond to changing situations by adapting and refining their skills and techniques. Identify the main aspects of a good performance, recognise weaknesses and suggest how a performance could be improved.</p>	<p>4. Developing an understanding of warm ups and basic rules</p> <p>Emerging: Understand the need to warm up and the importance of making health lifestyle choices. Demonstrate a basic knowledge of simple rules of the game and recognises errors during a game.</p> <p>Developing: Explain in simple terms the physical effects of exercise on their body and safe way of preparing for exercise. Can help others with the understanding of rules and terminology.</p> <p>Mastery: Help conduct a suitable warm up and explain why exercise is good for health and a sustainable life. Show a good understanding of game rules and can adapt them for varying conditioned situation.</p>
<p>Careers: Explicit reference should be made to the options, roles and potential careers in the sports industry. These might include sports coaching, teacher, journalism, nutrition, sports psychology, management and business, biomechanics and injury/physiotherapy related.</p>	

