



in conjunction with



## Skills for Life: Basketball (KS2)

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Progressive child development through FOM, FMS, FMS will ensure every child has the opportunity to reach their full potential contributing to a healthy lifestyle and a solid foundation for participation in any sport (SSS, PSS).

This course activates the neurological functions thus stimulating pathways in the brain improving fine and gross motor skills which in turn improves curriculum learning.

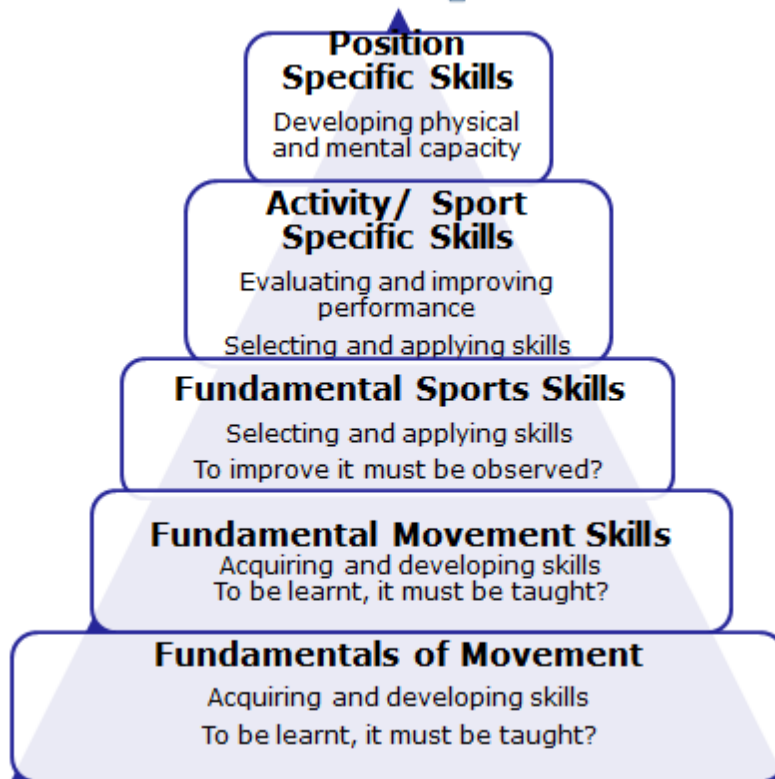
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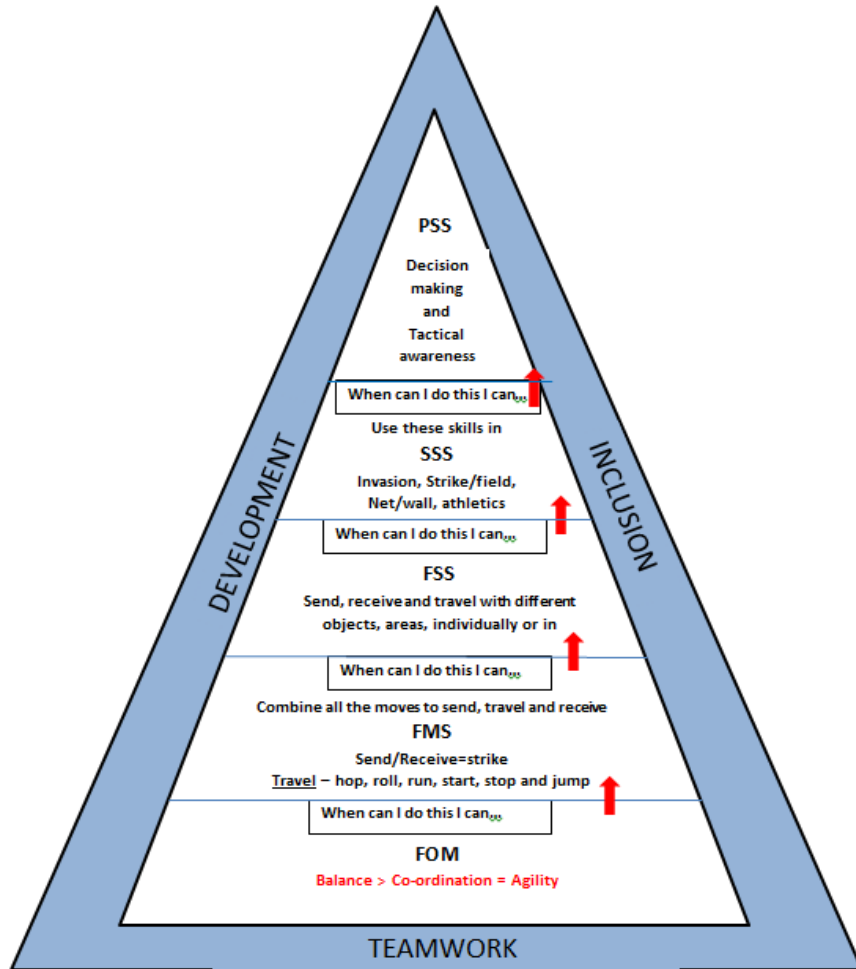
# Multi Skill Approach

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PSS	Upper Key Stage 2 Year 5 -6
SSS	Upper Key Stage 2 Year 5 -6
FSS	Lower Key Stage 2 Year 3 - 4
FMS	Key Stage 1 Year 1 - 2
FOM	Foundation Stage Year Reception

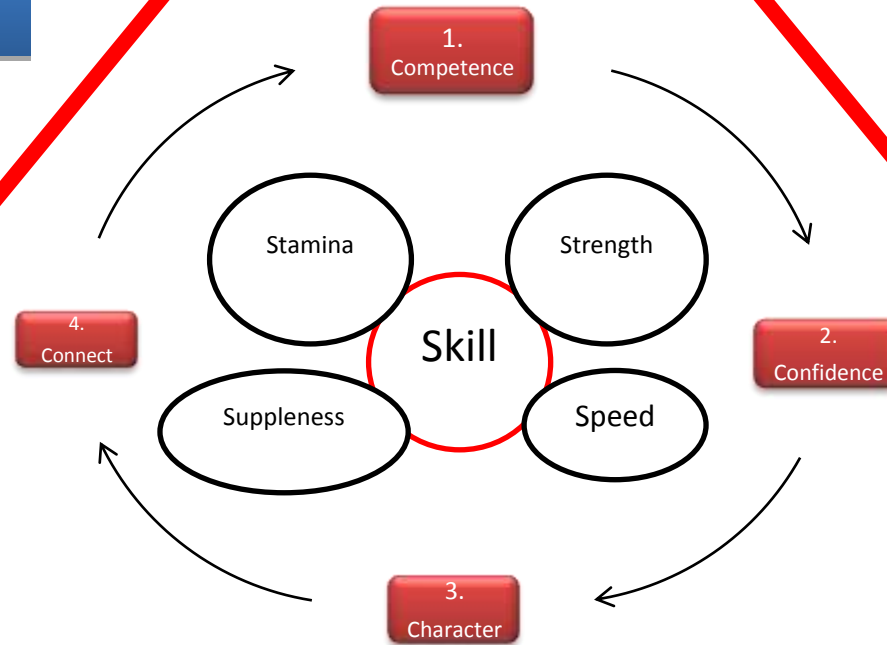
# Multi Skills Matrix



Stage	Recommended Sports	Year Group
PSS	<ul style="list-style-type: none"> <li>• Specific Sports</li> <li>• Team Sports</li> <li>• School Sports Teams</li> </ul>	Upper Key Stage 2 Year 5 - 6
SSS	<ul style="list-style-type: none"> <li>• Football</li> <li>• Tag Rugby</li> <li>• Rounders</li> <li>• Athletics</li> <li>• Netball</li> <li>• Handball</li> </ul>	Upper Key Stage 2 Year 5 - 6
FSS	<ul style="list-style-type: none"> <li>• Hockey</li> <li>• Basketball</li> <li>• Cricket</li> <li>• Gymnastics</li> <li>• Handball</li> <li>• Football</li> </ul>	Lower Key Stage 2 Year 3 - 4
FMS	<ul style="list-style-type: none"> <li>• Gymnastics</li> <li>• Creative Movement</li> <li>• Agility &amp; Travel</li> <li>• Athletics</li> <li>• Tennis</li> <li>• Hockey</li> </ul>	Key Stage 1 Year 1 - 2
FOM	<ul style="list-style-type: none"> <li>• Gymnastics</li> <li>• Dance</li> <li>• Creative Movement</li> <li>• Games Activities</li> <li>• Balance</li> <li>• Co-ordination</li> </ul>	Foundation Stage Year Reception

**Creativity**

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# Initial Assessment

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## **Pass the Buck**

Children to make a circle holding hands (no more than 7, if possible have 2 or more groups competing against each other):

- Place a ball in a child's left hand
- They must pass the ball to their right hand
- Using their right hand they must pass the ball to the next person's left hand (working anti-clockwise)
- This is repeated until back to the beginning when all the children sit down
- A person must only use the on correct hand to send and receive i.e. they must not take the ball from the person's right hand with their right hand it must go
  - LEFT – RIGHT – LEFT – RIGHT etc.
- Repeat the game but start with the right hand and go clock-wise
- To make more difficult get them to pass the ball around their body before passing it to the next person

## **Circle Hoop**

Children to make a circle holding hands (no more than 7, if possible have 2 or more groups competing against each other):

- Children to hold hands at all times
- Place a hoop between two children's hands (continue to hold hands afterwards)
- Children must pass the hoop around the circle without breaking hands
- Children to send hoop clockwise and anticlockwise
- Make more difficult by adding another hoop

## **Cat Basket Relay**

Children to be in small teams one behind each other:

- One at a time, each child tries to send a coloured bean bag to the corresponding coloured basket
- Work as relay until all the beanbags have been used
- Allocate points for each colour
- To make more difficult space the coloured baskets and different distances

## **Send, Send,Send (Australian pack)**

- Teams to face each other each group has a crunched up paper ball
- On a signal players send their paper ball over a line in the direction of the opposite team
- After a set period, balls are counted to see who has the least balls

## **Balls Hoops**

Spread the team out evenly between two hoops set at a reasonable distance. Children must be able to send a small tennis ball to each other but not so close as they can pass it, and not too far apart so as to make it too difficult to receive:

- Place a set number of balls in the first hoop with one child
- This child must send one ball at a time from child to child to the last hoop
- Winning team is the team with the most balls in the hoop or gets all of them in before the other teams

## **Relay Games**

- Correct running technique

## **Speed Gate (Australian Pack)**

- Send a ball through a gate (cones) to a wall or to a person in your team

## **Snakes Alive**

- The first ball rolled becomes the head of the snake
- Players deliver one ball at a time, aiming to place each ball behind the previous ball
- The aim is to form the longest snake

## **Target Relay**

- Gates are set up over a course
- Players in relay teams roll (send) the ball through the gates back to next team

## Skills for Life:Basketball - Key Stage 2 (Year 3 & 4) Mid Term Plan

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Lesson No.	Learning Objectives	Expected Learning Outcomes
1	<ul style="list-style-type: none"> <li>To be able to send a basketball individually towards a target</li> </ul>	<ul style="list-style-type: none"> <li>To use good sending skills</li> </ul>
2	<ul style="list-style-type: none"> <li>To be able to send a basketball using a range of skills with increasing accuracy</li> </ul>	<ul style="list-style-type: none"> <li>To use existing knowledge to help improve quality of their sending</li> </ul>
3	<ul style="list-style-type: none"> <li>To be able to receive a basketball individually</li> </ul>	<ul style="list-style-type: none"> <li>To use good receiving skills</li> </ul>
4	<ul style="list-style-type: none"> <li>To be able to send and receive a basketball with improved accuracy</li> </ul>	<ul style="list-style-type: none"> <li>To concentrate on control and accuracy when sending and receiving a netball</li> </ul>
5	<ul style="list-style-type: none"> <li>Develop the skills to receive a netball under control in different areas</li> </ul>	<ul style="list-style-type: none"> <li>Understand the concept of tracking, and get in line with the netball to receive it</li> </ul>
6	<ul style="list-style-type: none"> <li>Develop skills to travel with a basket ball</li> </ul>	<ul style="list-style-type: none"> <li>Begin to show control of the ball while dribbling</li> </ul>
7	<ul style="list-style-type: none"> <li>Use dribbling skills to travel with the ball</li> </ul>	<ul style="list-style-type: none"> <li>Develop skills to keep the ball under control while moving</li> </ul>
8	<ul style="list-style-type: none"> <li>To send &amp; receive a basketball whilst travelling</li> </ul>	<ul style="list-style-type: none"> <li>Develop dribbling skills in order to be able to travel with a basketball</li> </ul>
9	<ul style="list-style-type: none"> <li>Develop awareness of partners/opponents within the area of play</li> </ul>	<ul style="list-style-type: none"> <li>Recognise space in their games and use it to their advantage, planning where to stand to make it difficult for opponents</li> </ul>
10	<ul style="list-style-type: none"> <li>Move fluently, changing direction and speed easily and avoiding collisions</li> </ul>	<ul style="list-style-type: none"> <li>Continue decision making about when and where to send the ball, and to be aware of others running and chasing</li> </ul>
11	<ul style="list-style-type: none"> <li>To be able to send a basketball through a hoop to score a goal</li> </ul>	<ul style="list-style-type: none"> <li>To aim and send a netball at a target accurately</li> </ul>
12	<ul style="list-style-type: none"> <li>To be able to apply sending and receiving skills in a game situation</li> </ul>	<ul style="list-style-type: none"> <li>To apply sending, receiving &amp; travelling skills in an opposed situation</li> </ul>




<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	1
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	7 – 9 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Coordination	Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Basketballs</li> <li>• Flat markers – one per child</li> <li>• Cones – two per child</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• To be able to send a basketball towards a target</li> <li>• To use good sending skills</li> </ul>


Lesson Content		Timings	
<b>Warm Up</b>	<p>Children to be explained the three positions below:</p> <ul style="list-style-type: none"> <li>• <b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li>• <b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li>• <b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> </ul>	<ul style="list-style-type: none"> <li>• Travelling around the area implementing position 1 – 3</li> <li>• Ways of travelling <ul style="list-style-type: none"> <li>○ Walking forwards &amp; backwards</li> <li>○ Skipping</li> <li>○ Jogging</li> <li>○ Side steps</li> <li>○ Hopping</li> <li>○ Jumping</li> </ul> </li> </ul>	5-7 minutes
<b>Activities</b>	<ul style="list-style-type: none"> <li>• Arrange the flat markers spread evenly around the area</li> <li>• Children to stand on a flat marker facing the teacher</li> </ul> <p>Teacher to demonstrate Chest passing the ball to a target</p> <p><b>Chest Pass</b></p> <ul style="list-style-type: none"> <li>• Position 1 – standing feet together</li> <li>• Position 2 – feet shoulder width apart</li> <li>• Position 3 – Slide – from position 2 slide one foot back</li> <li>• Ball held at chest height</li> <li>• Palms facing out</li> <li>• Finger tips touching</li> <li>• Pushing towards the target</li> <li>• Children to practice chest passing the ball to a flat marker in front of them</li> <li>• Begin with the spot at their feet</li> <li>• Take a step back each time they hit the spot with the ball</li> </ul>	<p><b>Progression</b></p> <p>Battle Ships (Arrow – child, Red – cones)</p>  <ul style="list-style-type: none"> <li>• In pairs the children face each other with two cones at their feet</li> <li>• Children take it in turns to chest pass the ball to the cone at their partners feet</li> <li>• If they hit the cone it becomes theirs adding to their line of cones</li> <li>• The aim is to win all of your partners cones</li> <li>• Repeat once all cones are won.</li> </ul>	30 minutes
<b>Cool Down</b>	<p><b>Can you show me...</b></p> <ul style="list-style-type: none"> <li>• Position 1 – feet together facing forwards and hands by their side standing straight</li> <li>• Position 2 – feet shoulders width apart hands by their side standing straight</li> <li>• Position 3 – feet shoulders width apart, left foot one step forwards hands by their side</li> <li>• Children to jog around the area</li> <li>• When a number is called by teacher children are to stop and demonstrate that position</li> <li>• Slow down the pace after each position called until children are walking slowly.</li> </ul>		5 minutes

<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	2
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	7 – 9 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Coordination	Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Basketballs</li> <li>• Flat markers – one per child</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• To be able to send basketball using a range of skills with increasing accuracy</li> <li>• To use existing knowledge to help improve quality of their sending</li> </ul>



Lesson Content		Timings
<b>Warm Up</b>	<ul style="list-style-type: none"> <li>Children to be explained the three positions below:               <ul style="list-style-type: none"> <li><b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li><b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li><b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> </ul> </li> <li>Add the following positions:</li> <li><b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li><b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul>	Travelling around the area implementing position 1 -5 Ways of travelling <ul style="list-style-type: none"> <li>Walking forwards &amp; backwards</li> <li>Skipping</li> <li>Jogging</li> <li>Side steps</li> <li>Hopping</li> <li>Jumping</li> </ul>
<b>Activities</b>	<ul style="list-style-type: none"> <li>Arrange the flat markers around the area</li> <li>Children to stand on a flat marker facing the teacher</li> <li>Teacher to demonstrate bounce passing the ball to a target</li> <li><b>Bounce pass</b> <ul style="list-style-type: none"> <li>Position 1 – standing feet together</li> <li>Position 2 – feet shoulder width apart</li> <li>Slide – from position 2 slide one foot slightly back</li> <li>Overhead – Ball held above or level to the head with arms slightly bent</li> <li>Push – Ball pushed towards the ground</li> </ul> </li> <li>Children to practice sending the ball so that it bounces on a flat marker in front of them</li> <li>Begin with the spot at their feet</li> <li>Take a step back each time they hit the spot with the ball</li> </ul>	Children into groups of 4 <ul style="list-style-type: none"> <li>Set up a game as below (Blue – flat marker, Ring – hoop)</li> <li>Numbers indicate the points scored</li> </ul>  <ul style="list-style-type: none"> <li>Children to line up behind the flat marker</li> <li>Child at the front of the line stands on the blue marker and sends the ball so that it bounces in one of the hoops</li> <li>They are awarded points for hoop which their ball bounces in</li> <li>Children rotate after one attempt so that the sender joins the back of the line and the next child has a turn.</li> </ul>
<b>Cool Down</b>	<p><b>Can you show me...</b></p> <ul style="list-style-type: none"> <li>Position 1 – feet together facing forwards and hands by their side standing straight</li> <li>Position 2 – feet shoulders width apart hands by their side standing straight</li> <li>Position 3 – feet shoulders width apart, left foot one step forwards hands by their side</li> <li>Position 4 – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li>Position 5 – From position 4 feet to roll forwards on to balls of feet below your toes</li> <li>Children to jog around the area</li> <li>When a number is called by teacher children are to stop and demonstrate that position</li> <li>Slow down the pace after each position called until children are walking slowly.</li> </ul>	5 minutes

<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	3
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	7 – 9 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Coordination	Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Basketballs</li> <li>• Flat markers</li> <li>• Cones</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• To be able to receive a basketball individually</li> <li>• To use good receiving skills</li> </ul>

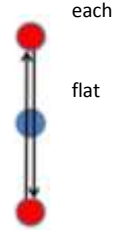

Lesson Content			Timings
<b>Warm Up</b>	<ul style="list-style-type: none"> <li>Children to be explained the three positions below:               <ul style="list-style-type: none"> <li><b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li><b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li><b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> </ul> </li> <li>Add the following positions:               <ul style="list-style-type: none"> <li><b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li><b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	Travelling around the area implementing position 1 -5 Ways of travelling <ul style="list-style-type: none"> <li>Walking forwards &amp; backwards</li> <li>Skipping</li> <li>Jogging</li> <li>Side steps</li> <li>Hopping</li> <li>Jumping</li> </ul>	5-7 minutes
<b>Activities</b>	Explain to the children they need to be ready to receive an netball <ul style="list-style-type: none"> <li>Make links with the sending position</li> <li>Position 1 – standing feet together</li> <li>Position 2 – feet shoulder width apart</li> <li>Position 3 – Slide – from position 2 slide one foot back</li> <li>W for WANT – Palms facing outward, thumbs together creating a W shaped target, fingers curve to create a bowl</li> <li>Look – Look at the netball they are receiving</li> <li>Mine – When they have received and netball bring their hands up to their chest to secure the netball.</li> <li>Children to practice sending a netball to themselves and receiving correctly</li> <li>Begin by sending and receiving the netball at head height Increase the height that the ball is sent</li> </ul>	<ul style="list-style-type: none"> <li>Children to get into groups of three or four</li> <li>Children to position themselves into a triangle (3) or square (4)</li> </ul>   <ul style="list-style-type: none"> <li>Challenge the children to send the ball around their shape using a chest pass</li> <li>Count the number of successful passes made in a row.</li> <li>If the ball is dropped the count returns to 0</li> <li>Challenge them to send the ball to different people in their shape</li> <li>Challenge them to count the passes made in a given time limit (1 - 2 minutes)</li> </ul>	30 minutes
<b>Cool Down</b>	<b>Can you show me...</b> <ul style="list-style-type: none"> <li><b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li><b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li><b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> </ul>	<ul style="list-style-type: none"> <li><b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li><b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> <li>Children to jog around the area</li> <li>When a number is called by teacher children are to stop and demonstrate that position</li> <li>Slow down the pace after each position called until children are walking slowly.</li> </ul>	5 minutes

<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	4
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	7 – 9 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Coordination	Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Basketballs</li> <li>• Flat markers</li> <li>• Cones</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• To be able to send and receive a basketball with improved accuracy</li> <li>• To concentrate on control and accuracy when sending and receiving a basketball</li> </ul>

Lesson Content		Timings
<b>Warm Up</b>	<ul style="list-style-type: none"> <li>Children to be explained the three positions below:               <ul style="list-style-type: none"> <li><b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li><b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li><b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> </ul> </li> <li>Add the following positions:               <ul style="list-style-type: none"> <li><b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li><b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	Travelling around the area implementing position 1-5 Ways of travelling <ul style="list-style-type: none"> <li>Walking forwards &amp; backwards</li> <li>Skipping</li> <li>Jogging</li> <li>Side steps</li> <li>Hopping</li> <li>Jumping</li> </ul>
<b>Activities</b>	<p>Teacher to demonstrate receiving a bounce pass</p> <ul style="list-style-type: none"> <li>Position 1 – standing feet together</li> <li>Position 2 – feet shoulder width apart</li> <li>Position 3 – Slide – from position 2 slide one foot slightly back</li> <li>W for WANT – Palms facing outward, thumbs together creating a W shaped target, fingers curve to create a bowl</li> <li>Look – Look at the object they are receiving</li> <li>Mine – When they have received and object bring their hands up to their chest to secure the object.</li> <li>Ball should be received at waist/chest height</li> <li>Encourage children to take a step forward or back to ensure ball is received between their waist (belly button) and chest</li> </ul> <p>Children in to pairs</p> <ul style="list-style-type: none"> <li>Facing each other children are to have one cone at their feet and one flat marker between them</li> </ul> <p>(Red – cone, Blue – flat marker, Arrow – Direction ball is sent)</p> <ul style="list-style-type: none"> <li>Child with the ball is to send the ball so that it bounces on the marker</li> <li>The other child needs to be ready to receive the ball</li> <li>The receiver then takes their turn to send the ball</li> <li>Keep a score           <ul style="list-style-type: none"> <li>One point if they strike the flat marker</li> <li>One point for receive the ball</li> </ul> </li> </ul> 	<p>Children into groups of four standing on four corners of a square one cones with flat markers between them</p> <p>(Red – cone, Blue – flat marker,)</p> <ul style="list-style-type: none"> <li>Child with the ball is to send the ball in any direction so that it bounces on a flat marker</li> <li>Children need to be ready to receive the ball</li> <li>The receiver then takes their turn to send the ball</li> </ul>  <p><b>Progression</b></p> <ul style="list-style-type: none"> <li>Challenge them to count the passes made in a given time period ( 1 or 2 minutes)</li> <li>Successful teams will take the highest number of passes</li> </ul>
<b>Cool Down</b>	<p><b>Can you show me...</b></p> <ul style="list-style-type: none"> <li><b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li><b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li><b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> </ul>	<ul style="list-style-type: none"> <li><b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li><b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> <li>Children to jog around the area</li> <li>When a number is called by teacher children are to stop and demonstrate that position</li> <li>Slow down the pace after each position called until children are walking slowly.</li> </ul>

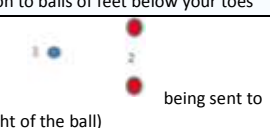


<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	5
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	7 – 9 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Coordination	Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Basketballs</li> <li>• Flat markers</li> <li>• Cones</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• Develop the skills to receive a basketball under control in different areas</li> <li>• Understand the concept of tracking, and get in line with the basketball to receive it</li> </ul>

Lesson Content			Timings
<b>Warm Up</b>	<ul style="list-style-type: none"> <li>Children to be explained the three positions below:               <ul style="list-style-type: none"> <li><b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li><b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li><b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> </ul> </li> <li>Add the following positions:               <ul style="list-style-type: none"> <li><b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li><b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	Travelling around the area implementing position 1 -5 Ways of travelling <ul style="list-style-type: none"> <li>Walking forwards &amp; backwards</li> <li>Skipping</li> <li>Jogging</li> <li>Side steps</li> <li>Hopping</li> <li>Jumping</li> </ul>	5-7 minutes
<b>Activities</b>	Set up a goal area as below (Blue – flat marker, Red – Cones) Teacher (2) and one child (1) to demonstrate  <ul style="list-style-type: none"> <li>Tracking - Receiver must move to the position the ball is being sent to before the ball reaches there (getting in line with the flight of the ball)</li> </ul> Children to get into pairs and number themselves 1 and 2 <ul style="list-style-type: none"> <li>1 stands on the flat marker holding the ball</li> <li>2 stands in the goal</li> <li>Child 1 sends the ball using a chest pass into the goal area (in-between the red cones)</li> <li>Child 2 tracks and receives the ball</li> <li>Receiver then chest passes the ball back to the sender on the marker</li> <li>Swap positions after the ball has been sent 5 times.</li> </ul> <b>Teaching Points</b> <ul style="list-style-type: none"> <li>Position 1 – standing feet together</li> <li>Position 2 – feet shoulder width apart</li> <li>Position 3 – Slide – from position 2 slide one foot back</li> <li>W for WANT – Palms facing outward, thumbs together creating a W shaped target, fingers curve to create a bowl</li> <li>Look – Look at the object they are receiving</li> <li>Mine – When they have received and object bring their hands up to their chest to secure the object.</li> <li>Whole body will need to move to receive the ball</li> <li>Hands and arms should be ready to receive as they move</li> <li>Ball brought into the chest once received to secure the ball</li> </ul> <ul style="list-style-type: none"> <li>Children to get into pairs and number themselves 1 and 2</li> <li>1 stands on the flat marker holding the ball</li> <li>2 stands in the goal</li> </ul>	<ul style="list-style-type: none"> <li>Child 1 sends the ball using a chest pass into the goal area</li> <li>Child 2 tracks and receives the ball</li> <li>Receiver then chest passes the ball back to the sender on the marker</li> <li>Swap positions after the ball has been sent 5 times.</li> </ul> Children into groups of four standing on four corners of a square one cones with flat markers between them <b>Progression</b> Teacher to demonstrate tracking and receiving a bounce pass <ul style="list-style-type: none"> <li>Tracking - Receiver must move to the position the ball is being sent to before the ball reaches there (getting in line)</li> <li>Position 1 – standing feet together</li> <li>Position 2 – feet shoulder width apart</li> <li>Slide – from position 2 slide one foot slightly back</li> <li>W for WANT – Palms facing outward, thumbs together creating a W shaped target, fingers curve to create a bowl</li> <li>Look – Look at the object they are receiving</li> <li>Mine – When they have received and object bring their hands up to their chest to secure the object.</li> </ul> <ul style="list-style-type: none"> <li>Whole body will need to move to receive the ball</li> <li>Children may need to move in any direction</li> <li>Hands and arms should be ready to receive as they move</li> <li>Ball should be received between the waist and chest</li> <li>Ball brought into the chest once received to secure the ball</li> </ul> <ul style="list-style-type: none"> <li>Continue the goal activity with the sender using a bounce pass</li> <li>Swap positions after the ball has been sent 5 times.</li> </ul>	30 minutes
<b>Cool Down</b>	<b>Can you show me...</b> <ul style="list-style-type: none"> <li><b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li><b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li><b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> </ul>	<ul style="list-style-type: none"> <li><b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li><b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> <li>Children to jog around the area</li> <li>When a number is called by teacher children are to stop and demonstrate that position</li> <li>Slow down the pace after each position called until children are walking slowly.</li> </ul>	5 minutes

<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	6
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	7 – 9 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Coordination	Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Basket balls</li> <li>• Flat markers</li> <li>• Bibs</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• Develop skills to travel with a Basketball</li> <li>• Begin to show control of the ball while dribbling</li> </ul>


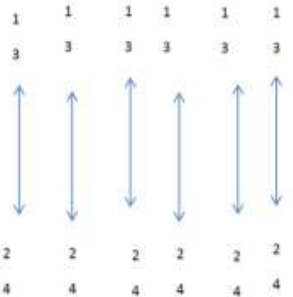
Lesson Content		Timings	
<b>Warm Up</b>	<p>Bib tag</p> <ul style="list-style-type: none"> <li>• Introduce 8 bib taggers in a class of 30 children</li> <li>• Each child to find an space in the area where no one else is and stand in position 1 – one child to select a way to travel</li> <li>• The taggers will hold a bib scrunched up in a ball</li> <li>• Teacher to condition tagging area (legs/arms/feet/knees etc) – no tagging to head area</li> <li>• Tagger to send bib towards area selected and if struck there, the child who was struck by bib becomes new tagger</li> <li>• The child that was caught cannot get the person who got them back straight away, they must tag a different child</li> <li>• Continue and add or take away more taggers depending on children’s perceptions</li> </ul>	5-7 minutes	
<b>Activities</b>	<p>Teacher to demonstrate dribbling the ball</p> <ul style="list-style-type: none"> <li>• Position 1 – feet together facing forwards and hands by their side standing straight</li> <li>• Position 2 – feet shoulders width apart hands by their side standing straight</li> <li>• Position 3 – feet shoulders width apart, left foot one step forwards hands by their side</li> <li>• Strong arm in front of body slightly bent at the elbow</li> <li>• Hand flat with palm facing down</li> <li>• Strike the ball with enough force that it hits the ground and bounces up to the height of the hand</li> <li>• Arm should move from elbow</li> </ul> <p>Lay out flat markers around the area</p> <ul style="list-style-type: none"> <li>• Children to stand on a flat marker facing forward</li> <li>• Children to stand with flat marker at their feet</li> <li>• Children must attempt to bounce the ball on the flat marker as many times as they can standing still</li> </ul> <p><b>Challenge the children</b></p> <ul style="list-style-type: none"> <li>• Count the number of times the ball hits the marker</li> <li>• If the ball misses the marker or goes out of the child’s control the count starts again</li> </ul> <p>Successful children will have the highest number of bounces in a row</p> <p><b>Progression – take away the spots</b></p> <ul style="list-style-type: none"> <li>• Children into pairs and number 1 and 2</li> <li>• Child 1 starts with the basketball</li> <li>• Child 2 counts how many bounces child 1 can achieve in a row without losing control of the ball</li> <li>• Children rotate rolls after 3 attempts</li> <li>• Successful children will have the highest amount of bounces in a row.</li> </ul>	30 minutes	
<b>Cool Down</b>	<p><b>Can you show me....</b></p> <ul style="list-style-type: none"> <li>• <b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li>• <b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li>• <b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li>• <b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li>• <b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul>	<ul style="list-style-type: none"> <li>• Children to jog around the area</li> <li>• When a number is called by teacher children are to stop and demonstrate that position</li> <li>• Slow down the pace after each position called until children are walking slowly.</li> </ul>	5 minutes

<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	7
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	7 – 9 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Coordination	Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Basketballs</li> <li>• Cones</li> <li>• Flat markers</li> <li>• Bibs</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• Use dribbling skills to travel with the ball</li> <li>• Develop skills to keep the ball under control while travelling</li> </ul>

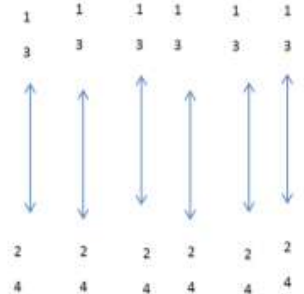
Lesson Content		Timings
<b>Warm Up</b>	<p><b>Bib tag</b></p> <ul style="list-style-type: none"> <li>Introduce 8 bib taggers in a class of 30 children</li> <li>Each child to find an space in the area where no one else is and stand in position 1 – one child to select a way to travel</li> <li>The taggers will hold a bib scrunched up in a ball</li> <li>Teacher to condition tagging area (legs/arms/feet/knees etc.) – no tagging to head area</li> <li>Tagger to send bib towards area selected and if struck there, the child who was struck by bib becomes new tagger</li> <li>The child that was caught cannot get the person who got them back straight away, they must tag a different child</li> <li>Continue and add or take away more taggers depending on children’s perceptions</li> </ul>	5-7 minutes
<b>Activities</b>	<div style="display: flex; justify-content: space-between;"> <div style="width: 48%;"> <p>Teacher to demonstrate travelling slowly with the basketball with two hands</p> <ul style="list-style-type: none"> <li>Position 1 – feet together facing forwards and hands by their side standing straight</li> <li>Position 2 – feet shoulders width apart hands by their side standing straight</li> <li>Position 3 – feet shoulders width apart, left foot one step forwards hands by their side</li> <li>Arms in front of body slightly bent at the elbow</li> <li>Hands flat with palm down angled in the direction on travel</li> <li>Strike the ball with enough force that it hits the ground and bounces up to the height of the hand</li> <li>Arms should move from elbow</li> <li>Move forward slowly</li> </ul> <p>Children into pairs and number 1 and 2</p> <ul style="list-style-type: none"> <li>Children to stand on flat markers facing each other with a marker in the middle</li> <li>Child 2 must dribble the ball to a flat marker and send the ball to waiting child then return to their original marker</li> <li>Child who received the ball now takes a turn dribbling the ball to the middle marker, sending the ball and returning to start position</li> </ul> <p>(Blue – flat marker, , Arrow – direction child travels)</p> <ul style="list-style-type: none"> <li>To progress children make the spaces between the markers larger to the ball is dribbled for a longer time</li> </ul>  </div> <div style="width: 48%;"> <p><b>Progression</b></p> <ul style="list-style-type: none"> <li>In groups of 4 children to number themselves 1-4</li> <li>One basketball per group</li> <li>Odd numbers stand on one side of the area</li> <li>Evens on the opposite side</li> <li>Child with the ball dribbles while walking to the child opposite who receives the ball and dribbles it back until each child has crossed the area dribbling the ball</li> <li>Progress them by asking them to travel at the fast walk</li> </ul>  </div> </div>	30 minutes
<b>Cool Down</b>	<p><b>Traffic lights</b></p> <p>Children to travel around the area responding to commands given by a teacher (or peer)</p> <ul style="list-style-type: none"> <li>Green – Jog</li> <li>Amber – jog on the spot</li> <li>Red – stand still</li> </ul> <p>Gradually decrease the speed of green until children are walking slowly around the area.</p>	5 minutes

<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	8
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	7 – 9 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Coordination	Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Basketballs</li> <li>• Flat markers</li> <li>• Bibs</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• To send &amp; receive a basketball whilst travelling</li> <li>• Develop dribbling skills in order to be able to travel with a basketball</li> </ul>

Lesson Content		Timings
<b>Warm Up</b>	<p><b>Bib tag</b></p> <ul style="list-style-type: none"> <li>Introduce 8 bib taggers in a class of 30 children</li> <li>Each child to find an space in the area where no one else is and stand in position 1 – one child to select a way to travel</li> <li>The taggers will hold a bib scrunched up in a ball</li> <li>Teacher to condition tagging area (legs/arms/feet/knees etc) – no tagging to head area</li> <li>Tagger to send bib towards area selected and if struck there, the child who was struck by bib becomes new tagger</li> <li>The child that was caught cannot get the person who got them back straight away, they must tag a different child</li> <li>Continue and add or take away more taggers depending on children’s perceptions</li> </ul>	5-7 minutes
<b>Activities</b>	<div style="display: flex; justify-content: space-between;"> <div style="width: 48%;"> <p>Teacher to demonstrate looking up while dribbling with the ball</p> <ul style="list-style-type: none"> <li>Position 1 – feet together facing forwards and hands by their side standing straight</li> <li>Position 2 – feet shoulders width apart hands by their side standing straight</li> <li>Position 3 – feet shoulders width apart, left foot one step forwards hands by their side</li> <li>Arms in front of body slightly bent at the elbow</li> <li>Hands flat with palm down angled in the direction on travel</li> <li>Strike the ball with enough force that it hits the ground and bounces up to the height of the hand</li> <li>Arm should move from elbow</li> <li>Head up – every third bounce glance at the ball</li> </ul> <p>Children into pairs and number themselves 1 and 2</p> <ul style="list-style-type: none"> <li>Child 2 gets a basketball</li> <li>Decide on a signal (visual – holding up a cone or a verbal order) to indicate when to send the ball</li> <li>Children to move around the area</li> <li>With ball – dribbling</li> <li>Without – jogging</li> <li>When the signal is given the children must send the ball to their partner who receives it and begins dribbling</li> </ul> </div> <div style="width: 48%;"> <ul style="list-style-type: none"> <li>Encourage children to look around them for space</li> <li>Be aware of others</li> <li>Look up for 2 bounces, glance down, look up</li> </ul> <p>Progress children who are ready onto dribbling with one hand Progression</p>  <ul style="list-style-type: none"> <li>In groups of 4 children to number themselves 1-4</li> <li>One basketball per group</li> <li>Odd numbers stand on one side of the area</li> <li>Evens on the opposite side</li> <li>Child with the ball dribbles to the child opposite who receives the ball and dribbles it back until each child has crossed the area dribbling the ball</li> </ul> <p>Challenge</p> <ul style="list-style-type: none"> <li>Once the child has dribbled the ball they sit down</li> <li>First team sat down is successful</li> </ul> </div> </div>	30 minutes
<b>Cool Down</b>	<p><b>Traffic lights</b></p> <p>Children to travel around the area responding to commands given by a teacher (or peer)</p> <ul style="list-style-type: none"> <li>Green – Jog</li> <li>Amber – jog on the spot</li> <li>Red – stand still</li> </ul> <p>Gradually decrease the speed of green until children are walking slowly around the area.</p>	5 minutes

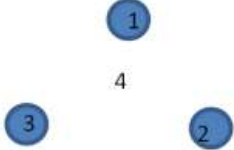


<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	9
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	7 – 9 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Coordination	Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Basketballs</li> <li>• Flat markers</li> <li>• Cones</li> <li>• Bibs</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• Develop awareness of partners/opponents within the area of play</li> <li>• Recognise space in their games and use it to their advantage, planning where to stand to make it difficult for opponents</li> </ul>

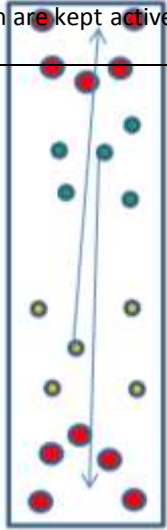
Lesson Content		Timings
<b>Warm Up</b>	<p>Bib tag</p> <ul style="list-style-type: none"> <li>• Introduce 8 bib taggers in a class of 30 children</li> <li>• Each child to find an space in the area where no one else is and stand in position 1 – one child to select a way to travel</li> <li>• The taggers will hold a bib scrunched up in a ball</li> <li>• Teacher to condition tagging area (legs/arms/feet/knees etc.) – no tagging to head area</li> <li>• Tagger to send bib towards area selected and if struck there, the child who was struck by bib becomes new tagger</li> <li>• The child that was caught cannot get the person who got them back straight away, they must tag a different child</li> <li>• Continue and add or take away more taggers depending on children’s perceptions</li> </ul>	5-7 minutes
<b>Activities</b>	<p>Lay out flat markers to make triangle</p> <ul style="list-style-type: none"> <li>• Children to get into groups of 4 and number themselves 1 – 4</li> <li>• Children 1 – 3 to arrange themselves on the markers to make a triangle</li> <li>• Child 4 (defender) is to stand in the middle of the triangle.</li> </ul> <p>(Blue – flat markers)</p>  <ul style="list-style-type: none"> <li>• Children 1 – 3 are to stand on their sports and send the ball to each other</li> <li>• Only child 4 can move – they must try and intercept the ball or collect any ball that was not received</li> <li>• If 4 receives the ball then the child who sent the ball is in the middle.</li> <li>• Count how many successful passes are made</li> </ul> <p>Progress to using different ways of sending to get around the defender:</p> <ul style="list-style-type: none"> <li>• Teacher to demonstrate each in turn: <ul style="list-style-type: none"> <li>○ Overhead – over the defender</li> <li>○ Chest – around the defender</li> <li>○ Bounce pass – over or around the defender</li> </ul> </li> <li>• Continue activity encouraging a range of passes</li> </ul> <p><b>Progression – Movement</b></p> <ul style="list-style-type: none"> <li>• Take the spots away so that all children are allowed to move around.</li> <li>• Remind children to think about their position <ul style="list-style-type: none"> <li>○ In line with the ball</li> <li>○ Hands ready to receive</li> </ul> </li> </ul>	30 minutes
<b>Cool Down</b>	<p><b>Traffic lights</b></p> <p>Children to travel around the area responding to commands given by a teacher (or peer)</p> <ul style="list-style-type: none"> <li>• Green – Jog</li> <li>• Amber – jog on the spot</li> <li>• Red – stand still</li> </ul> <p>Gradually decrease the speed of green until children are walking slowly around the area.</p>	5 minutes

<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	10
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	7 – 9 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Coordination	Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Basketballs</li> <li>• Flat markers</li> <li>• Cones</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• Move fluently, changing direction and speed easily and avoiding collisions</li> <li>• Continue decision making about when and where to send the ball, and to be aware of others running and chasing</li> </ul>


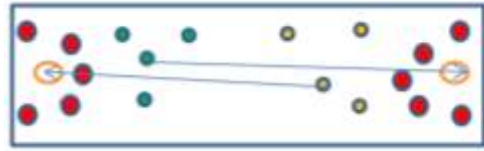
Lesson Content		Timings		
<b>Warm Up</b>	<p><b>Mine...</b></p> <ul style="list-style-type: none"> <li>• Spread the balls around the outside of the area – not enough for one each.</li> <li>• Children are to be given 5 lives.</li> <li>• Children to jog around the area.</li> <li>• Chose a signal to act on (holding up a cone or shouting go)</li> <li>• When signalled children are to run to a ball and hold it up</li> <li>• Children without a ball loose a life (Do not allow children to lose all their lives as it is important all children are kept active during a warm up)</li> </ul>	5-7 minutes		
<b>Activities</b>	<table border="0" style="width: 100%;"> <tr> <td style="width: 50%; vertical-align: top;"> <p>Q&amp;A about how to communicate you are ready to receive the ball</p> <ul style="list-style-type: none"> <li>• Visual – show your hands are ready in the W shape</li> <li>• Verbal – Call for the ball</li> <li>• Eye contact – Make eye contact with the receiver</li> </ul> <ul style="list-style-type: none"> <li>• Children into pairs and number themselves 1 and 2</li> <li>• Child 2 gets a basketball</li> <li>• Decide on a signal (visual – holding up a cone or a verbal order) to indicate when to send the ball</li> <li>• Children to move around the area</li> <li>• With ball – dribbling</li> <li>• Without – jogging</li> <li>• When the signal is given the children must send the ball to their partner who receives it and begins dribbling</li> <li>• Child not to send unless partner is communicating they are ready</li> </ul> <ul style="list-style-type: none"> <li>• Encourage children to look around them for space</li> <li>• Be aware of others</li> <li>• Look up for 2 bounces, glance down, look up</li> </ul> </td> <td style="width: 50%; vertical-align: top;"> <p><b>Progression</b></p> <ul style="list-style-type: none"> <li>• Children into teams of 5</li> <li>• Teams to wear bibs to identify themselves</li> </ul> <p>Set up 3 large pitches (Red – flat markers, Line – cones, team, Orange – One team, Arrow – ball travels in)</p> <p><b>Rules</b></p> <ul style="list-style-type: none"> <li>• Children must pass the ball to their team</li> <li>• Ball is dribbled to travel</li> <li>• The opposite team can win the interception</li> <li>• A goal is scored when a player receives the ball with their feet inside their semi-circle</li> </ul> <p>Progress children by limiting the time they can keep the ball before sending.</p> <ul style="list-style-type: none"> <li>• Rotate teams so everyone has the opportunity to play each other.</li> </ul> </td> </tr> </table>	<p>Q&amp;A about how to communicate you are ready to receive the ball</p> <ul style="list-style-type: none"> <li>• Visual – show your hands are ready in the W shape</li> <li>• Verbal – Call for the ball</li> <li>• Eye contact – Make eye contact with the receiver</li> </ul> <ul style="list-style-type: none"> <li>• Children into pairs and number themselves 1 and 2</li> <li>• Child 2 gets a basketball</li> <li>• Decide on a signal (visual – holding up a cone or a verbal order) to indicate when to send the ball</li> <li>• Children to move around the area</li> <li>• With ball – dribbling</li> <li>• Without – jogging</li> <li>• When the signal is given the children must send the ball to their partner who receives it and begins dribbling</li> <li>• Child not to send unless partner is communicating they are ready</li> </ul> <ul style="list-style-type: none"> <li>• Encourage children to look around them for space</li> <li>• Be aware of others</li> <li>• Look up for 2 bounces, glance down, look up</li> </ul>	<p><b>Progression</b></p> <ul style="list-style-type: none"> <li>• Children into teams of 5</li> <li>• Teams to wear bibs to identify themselves</li> </ul> <p>Set up 3 large pitches (Red – flat markers, Line – cones, team, Orange – One team, Arrow – ball travels in)</p> <p><b>Rules</b></p> <ul style="list-style-type: none"> <li>• Children must pass the ball to their team</li> <li>• Ball is dribbled to travel</li> <li>• The opposite team can win the interception</li> <li>• A goal is scored when a player receives the ball with their feet inside their semi-circle</li> </ul> <p>Progress children by limiting the time they can keep the ball before sending.</p> <ul style="list-style-type: none"> <li>• Rotate teams so everyone has the opportunity to play each other.</li> </ul>	 <p>30 minutes</p>
<p>Q&amp;A about how to communicate you are ready to receive the ball</p> <ul style="list-style-type: none"> <li>• Visual – show your hands are ready in the W shape</li> <li>• Verbal – Call for the ball</li> <li>• Eye contact – Make eye contact with the receiver</li> </ul> <ul style="list-style-type: none"> <li>• Children into pairs and number themselves 1 and 2</li> <li>• Child 2 gets a basketball</li> <li>• Decide on a signal (visual – holding up a cone or a verbal order) to indicate when to send the ball</li> <li>• Children to move around the area</li> <li>• With ball – dribbling</li> <li>• Without – jogging</li> <li>• When the signal is given the children must send the ball to their partner who receives it and begins dribbling</li> <li>• Child not to send unless partner is communicating they are ready</li> </ul> <ul style="list-style-type: none"> <li>• Encourage children to look around them for space</li> <li>• Be aware of others</li> <li>• Look up for 2 bounces, glance down, look up</li> </ul>	<p><b>Progression</b></p> <ul style="list-style-type: none"> <li>• Children into teams of 5</li> <li>• Teams to wear bibs to identify themselves</li> </ul> <p>Set up 3 large pitches (Red – flat markers, Line – cones, team, Orange – One team, Arrow – ball travels in)</p> <p><b>Rules</b></p> <ul style="list-style-type: none"> <li>• Children must pass the ball to their team</li> <li>• Ball is dribbled to travel</li> <li>• The opposite team can win the interception</li> <li>• A goal is scored when a player receives the ball with their feet inside their semi-circle</li> </ul> <p>Progress children by limiting the time they can keep the ball before sending.</p> <ul style="list-style-type: none"> <li>• Rotate teams so everyone has the opportunity to play each other.</li> </ul>			
<b>Cool Down</b>	<p><b>Traffic lights</b></p> <p>Children to travel around the area responding to commands given by a teacher (or peer)</p> <ul style="list-style-type: none"> <li>• Green – Jog</li> <li>• Amber – jog on the spot</li> <li>• Red – stand still</li> </ul> <p>Gradually decrease the speed of green until children are walking slowly around the area.</p>	5 minutes		

<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	11
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	7 – 9 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Coordination	Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Basketballs</li> <li>• Flat markers</li> <li>• Cones</li> <li>• Hoops</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• To be able to send a Basketball through a hoop to score a goal</li> <li>• To aim and send a Basketball at a target accurately</li> </ul>


Lesson Content		Timings	
<b>Warm Up</b>	<p><b>Mine...</b></p> <ul style="list-style-type: none"> <li>• Spread the balls around the outside of the area – not enough for one each.</li> <li>• Children are to be given 5 lives.</li> <li>• Children to jog around the area.</li> <li>• Chose a signal to act on (holding up a cone or shouting go)</li> <li>• When signalled children are to run to a ball and hold it up</li> <li>• Children without a ball loose a life (Do not allow children to lose all their lives as it is important all children are kept active during a warm up)</li> </ul>	5-7 minutes	
<b>Activities</b>	<p>Teacher to demonstrate aiming at a hooped target</p> <p>Overhead pass</p> <ul style="list-style-type: none"> <li>• Position 1 – standing feet together</li> <li>• Position 2 – feet shoulder width apart</li> <li>• Slide – from position 2 slide one foot slightly back</li> <li>• Overhead – Ball held above the head with arms slightly bent</li> <li>• Aim –hands, feet and eyes towards the target</li> <li>• Push – Ball pushed towards the target</li> </ul> <ul style="list-style-type: none"> <li>• Children into pairs and number 1 and 2</li> <li>• Child 1 gets a hoop</li> <li>• Child 2 get a ball</li> </ul> <ul style="list-style-type: none"> <li>• Child 1 holds the hoop flat (like a netball goal) out to their side</li> <li>• Child 2 must use an overhead pass to send the ball through the hoop</li> </ul> <p>(Green – Child,, Arrow – direction of ball travel, Hoop – Hoop as viewed from above)</p> <ul style="list-style-type: none"> <li>• Point scored each time the ball goes through the hoop</li> <li>• After 5 attempts children to swap rolls.</li> <li>• Increase the height the hoop is held at until it is above the child’s head</li> </ul> <p>Progress some children ready onto scoring in a lowered basketball hoop</p> 	<p><b>Progression</b></p> <ul style="list-style-type: none"> <li>• Children into teams of 5</li> <li>• Teams to wear bibs to identify themselves</li> <li>• One child from each team to hold a hoop in the semi circles as act as a ‘goal’</li> </ul> <p>Set up 3 large pitches (Red – flat markers, Line – cones, Green – one team, Orange – One team, Arrow – direction the ball travels in, Hoop – Child holding a hoop as viewed from above)</p>  <p><b>Rules</b></p> <ul style="list-style-type: none"> <li>• Children must pass the ball to everyone on their team</li> <li>• Ball is dribbled to travel</li> <li>• The opposite team can win the ball by interception</li> <li>• A goal is scored when a player puts the ball through the hoop</li> </ul> <p>Progress children by limiting the time they can hold the ball at their feet before sending.</p> <ul style="list-style-type: none"> <li>• Rotate teams so everyone has the opportunity to play each other.</li> <li>• Swap the children holding the hoop frequently (at least after each goal is scored and a different child at the start of each new game)</li> </ul>	30 minutes
<b>Cool Down</b>	<p><b>Traffic lights</b></p> <p>Children to travel around the area responding to commands given by a teacher (or peer)</p> <ul style="list-style-type: none"> <li>• Green – Jog</li> <li>• Amber – jog on the spot</li> <li>• Red – stand still</li> </ul> <p>Gradually decrease the speed of green until children are walking slowly around the area.</p>	5 minutes	

<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	12
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	7 – 9 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Coordination	Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Basketballs</li> <li>• Flat markers</li> <li>• Cones</li> <li>• Hoops</li> <li>• Basketball hoops</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• To be able to apply sending and receiving skills in a game situation</li> <li>• To apply sending, receiving &amp; travelling skills in an opposed situation</li> </ul>

Lesson Content		Timings	
<b>Warm Up</b>	<p><b>Mine...</b></p> <ul style="list-style-type: none"> <li>• Spread the balls around the outside of the area – not enough for one each.</li> <li>• Children are to be given 5 lives.</li> <li>• Children to jog around the area.</li> <li>• Chose a signal to act on (holding up a cone or shouting go)</li> <li>• When signalled children are to run to a ball and hold it up</li> <li>• Children without a ball loose a life (Do not allow children to lose all their lives as it is important all children are kept active during a warm up)</li> </ul>	5-7 minutes	
<b>Activities</b>	<p><b>Progression</b></p> <ul style="list-style-type: none"> <li>• Children into teams of 7</li> <li>• Teams to wear bibs to identify themselves</li> <li>• One child from each team to hold a hoop in the semi circles as act as a 'goal'</li> </ul> <p><b>Set up 2 large pitches</b> (Red – flat markers, Line – cones, Green – one team, Orange – One team, Arrow – direction the ball travels in, Hoop – Child holding a hoop as viewed from above)</p> <p><b>Rules</b></p> <ul style="list-style-type: none"> <li>• Children must pass the ball to on their team using their feet</li> <li>• Ball is dribbled to travel</li> <li>• Children may only hold the ball for 5 before sending</li> <li>• The opposite team can win the ball by interception</li> <li>• A goal is scored when a player puts through the hoop</li> </ul> <p>Swap the children holding the hoop frequently (at least after each goal is scored)</p> <p><b>Progression</b></p> <ul style="list-style-type: none"> <li>• Introduce basketball</li> <li>• Children must only hold the ball for three seconds.</li> <li>• Rotate teams so everyone has the opportunity to play each other using the basketball hoops</li> </ul>	 <p>everyone seconds the ball</p>	30 minutes
<b>Cool Down</b>	<p><b>Traffic lights</b></p> <p>Children to travel around the area responding to commands given by a teacher (or peer)</p> <ul style="list-style-type: none"> <li>• Green – Jog</li> <li>• Amber – jog on the spot</li> <li>• Red – stand still</li> </ul> <p>Gradually decrease the speed of green until children are walking slowly around the area.</p>	5 minutes	



## Skills for Life:Basketball - Key Stage 2 (Year 5 & 6) Mid Term Plan




Lesson Number	Lesson Aim	Lesson Objective
1	<ul style="list-style-type: none"> <li>To be able to send a basketball individually towards a target / partner</li> </ul>	<ul style="list-style-type: none"> <li>To use good sending skills with control</li> <li>To use existing knowledge to help improve quality of their sending</li> </ul>
2	<ul style="list-style-type: none"> <li>To be able to receive a basketball individually and with control in space</li> </ul>	<ul style="list-style-type: none"> <li>To use good receiving skills with control</li> <li>To re-visit existing knowledge to help progress the quality of their receiving skills</li> </ul>
3	<ul style="list-style-type: none"> <li>To be able to send basketball varying speed, height and direction</li> </ul>	<ul style="list-style-type: none"> <li>Combine and improve the quality of their sending skills with a partner varying speed, height &amp; direction</li> </ul>
4	<ul style="list-style-type: none"> <li>Develop skills to receive the basketball under control in different areas and heights</li> </ul>	<ul style="list-style-type: none"> <li>Understand the concept of tracking, and get in line with the ball to receive it</li> </ul>
5	<ul style="list-style-type: none"> <li>To be able to show control when travelling with the ball</li> </ul>	<ul style="list-style-type: none"> <li>Travel while dribbling the basketball under control</li> </ul>
6	<ul style="list-style-type: none"> <li>Improve their understanding of creating space to receive a ball</li> <li>Recognise the correct time to intercept or tackle the opposition to gain possession of the ball</li> </ul>	<ul style="list-style-type: none"> <li>Identify when to intercept a pass and when to tackle the opposition to gain possession</li> <li>Recognise how to create space to receive a ball</li> </ul>
7	<ul style="list-style-type: none"> <li>Direct the Basketball reasonably well towards their opponent's court or target area</li> </ul>	<ul style="list-style-type: none"> <li>Extend sending, receiving &amp; travelling individually and with an partner/opponent</li> <li>Understand the concepts of aiming and taking the ball to a good position for aiming</li> </ul>
8	<ul style="list-style-type: none"> <li>To be able to send a basketball through a hoop to score a goal</li> </ul>	<ul style="list-style-type: none"> <li>To aim and send a basketball at a target accurately</li> </ul>
9	<ul style="list-style-type: none"> <li>Move fluently, changing direction and speed easily and avoiding collisions</li> <li>To travel with the ball under control around opposition</li> </ul>	<ul style="list-style-type: none"> <li>Continue decision making about when and where to send the ball, and to be aware of others running and chasing</li> </ul>
10	<ul style="list-style-type: none"> <li>Develop awareness of opponents positioning within the area of play</li> </ul>	<ul style="list-style-type: none"> <li>Recognise space in their games and use it to their advantage, planning where to stand to make it difficult for opponents</li> </ul>
11	<ul style="list-style-type: none"> <li>Show an understanding of moving to screen the opposition from receiving the ball</li> </ul>	<ul style="list-style-type: none"> <li>Recognise the opportunity to intercept a pass and shield the opposition from creating space</li> </ul>
12	<ul style="list-style-type: none"> <li>Use a combination of sending and receiving skills in a game of basketball</li> </ul>	<ul style="list-style-type: none"> <li>Defend effectively, slowing games down and making it hard for opponents to find space</li> </ul>

<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	1
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	9 – 11 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Coordination	Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Basketballs</li> <li>• Cones</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• To be able to send the basketball individually towards a target / partner</li> <li>• To use good sending skills with control</li> <li>• To use existing knowledge to help improve quality of their sending</li> </ul>



Lesson Content			Timings
<b>Warm Up</b>	Children to be explained the positions below: <ul style="list-style-type: none"> <li>• <b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li>• <b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li>• <b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li>• <b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li>• <b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul>	Travelling around the area implementing position 1 -5 Ways of travelling <ul style="list-style-type: none"> <li>• Walking forwards &amp; backwards</li> <li>• Skipping</li> <li>• Jogging</li> <li>• Side steps</li> <li>• Hopping</li> <li>• Jumping</li> </ul>	5-7 minutes
<b>Activities</b>	Teacher to demonstrate sending the ball using a chest pass <b>Chest Pass</b> <ul style="list-style-type: none"> <li>• Position 1 – standing feet together</li> <li>• Position 2 – feet shoulder width apart</li> <li>• Slide – from position 2 slide one foot slightly back</li> <li>• Ball held at chest height</li> <li>• Palms facing out</li> <li>• Finger tips touching</li> <li>• Pushing towards the receiver</li> </ul> <b>Battle Ships</b> (Arrow – child, Red – cones)  <ul style="list-style-type: none"> <li>• In pairs the children face each other with two cones at their feet</li> <li>• Children take it in turns to chest pass the ball to the cone at their partners feet</li> <li>• If they fit the cone it becomes theirs adding to their line of cones</li> <li>• The aim is to win all of your partners cones</li> <li>• Repeat once all cones are won.</li> </ul>	Teacher demonstrate receiving the chest pass <ul style="list-style-type: none"> <li>• Make links with the sending position</li> <li>• Position 1 – standing feet together</li> <li>• Position 2 – feet shoulder width apart</li> <li>• Position 3 – Slide – from position 2 slide one foot back</li> <li>• W for WANT – Palms facing outward, thumbs together creating a W shaped target, fingers curve to create a bowl</li> <li>• Look – Look at the object they are receiving</li> <li>• Mine – When they have received and object bring their hands up to their chest to secure the object.</li> <li>• Children to get into groups of three or four</li> <li>• Children to position themselves into a triangle (3)  or square (4) </li> <li>• Challenge the children to send the ball around their shape counting the number of successful passes made in a row.</li> <li>• If the ball is dropped the count returns to 0</li> <li>• Challenge – Which team can make the more successful passes in a given time.</li> </ul>	30 minutes
<b>Cool Down</b>	Slow dynamic movements <ul style="list-style-type: none"> <li>• <b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li>• <b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li>• <b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li>• <b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li>• <b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul>	<ul style="list-style-type: none"> <li>• Children to jog around the area</li> <li>• When a number is called by teacher children are to stop and demonstrate that position</li> <li>• Slow down the pace after each position called until children are walking slowly.</li> </ul>	5 minutes

<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	2
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	9 – 11 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Coordination	Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Basketballs</li> <li>• Flat markers</li> <li>• Cones</li> <li>• Hoops</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• To be able to receive a basketball individually and with control in space</li> <li>• To use good receiving skills with control</li> <li>• To re-visit existing knowledge to help progress the quality of their receiving skills</li> </ul>

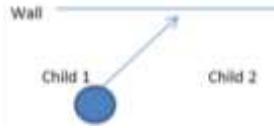

Lesson Content		Timings	
<b>Warm Up</b>	<p>Children to be explained the positions below:</p> <ul style="list-style-type: none"> <li>• <b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li>• <b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li>• <b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li>• <b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li>• <b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul>	<p>Travelling around the area implementing position 1 -5</p> <p>Ways of travelling</p> <ul style="list-style-type: none"> <li>• Walking forwards &amp; backwards</li> <li>• Skipping</li> <li>• Jogging</li> <li>• Side steps</li> <li>• Hopping</li> <li>• Jumping</li> </ul>	5-7 minutes
<b>Activities</b>	<p>Teacher to demonstrate bounce passing the ball to a target</p> <p><b>Bounce pass</b></p> <ul style="list-style-type: none"> <li>• Position 1 – standing feet together</li> <li>• Position 2 – feet shoulder width apart</li> <li>• Slide – from position 2 slide one foot slightly back</li> <li>• Overhead – Ball held above or level to the head with arms slightly bent</li> <li>• Push – Ball pushed towards the ground</li> </ul> <p>Children into groups of 4</p>  <p>Set up a game as below (Blue – flat marker, Ring – hoop) Numbers indicate the points scored</p> <ul style="list-style-type: none"> <li>• Children to line up behind the flat marker</li> <li>• Child at the front of the line stands on the blue marker and sends the ball so that it bounces in one of the hoops</li> <li>• They are awarded points for hoop which their ball bounces in</li> <li>• Children rotate after one attempt so that the sender joins the back of the line and the next child has a turn.</li> </ul>	<p>Teacher to demonstrate receiving a bounce pass</p> <ul style="list-style-type: none"> <li>• <b>Position 1 – standing feet together</b></li> <li>• <b>Position 2 – feet shoulder width apart</b></li> <li>• <b>Position 3 – Slide – from position 2 slide one foot back</b></li> <li>• W for WANT – Palms facing outward, thumbs together creating a W shaped target, fingers curve to create a bowl</li> <li>• Look – Look at the object they are receiving</li> <li>• Mine – When they have received and object bring their hands up to their chest to secure the object.</li> <li>• Ball should only bounce once before being received</li> <li>• Ball should be received at waist/chest height</li> <li>• Encourage children to take a step forward or back to ensure ball is received between their waist (belly button) and chest</li> </ul>  <ul style="list-style-type: none"> <li>• Children to get into groups of three or four</li> <li>• Children to position themselves into a triangle (3) or square (4)</li> <li>• Challenge the children to send the ball around their shape counting the number of successful passes made in a row.</li> <li>• If the ball is dropped the count returns to 0</li> <li>• Challenge – Which team can make the more successful passes in a given time.</li> </ul>	30 minutes
<b>Cool Down</b>	<p><b>Can you show me...</b></p> <ul style="list-style-type: none"> <li>• <b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li>• <b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li>• <b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li>• <b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li>• <b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul>	<ul style="list-style-type: none"> <li>• Children to jog around the area</li> <li>• When a number is called by teacher children are to stop and demonstrate that position</li> <li>• Slow down the pace after each position called until children are walking slowly.</li> </ul>	5 minutes

<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	3
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	9 - 11years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Coordination	Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Basketballs</li> <li>• Chalk</li> <li>• Flat markers</li> <li>• Walls</li> <li>• Bibs</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• To be able to send a basketball at varying speed, height and direction</li> <li>• Combine and improve the quality of their sending skills with a partner varying speed, height &amp; direction</li> </ul>

Lesson Content		Timings	
<b>Warm Up</b>	<p>Bib tag</p> <ul style="list-style-type: none"> <li>• Introduce 8 bib taggers in a class of 30 children</li> <li>• Each child to find an space in the area where no one else is and stand in position 1 – one child to select a way to travel</li> <li>• The taggers will hold a bib scrunched up in a ball</li> <li>• Teacher to condition tagging area (legs/arms/feet/knees etc.) – no tagging to head area</li> <li>• Tagger to send bib towards area selected and if struck there, the child who was struck by bib becomes new tagger</li> <li>• The child that was caught cannot get the person who got them back straight away, they must tag a different child</li> <li>• Continue and add or take away more taggers depending on children’s perceptions</li> </ul>	5-7 minutes	
<b>Activities</b>	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>Teacher to demonstrate aiming the ball towards a target</p> <ul style="list-style-type: none"> <li>• Position 1 – standing feet together</li> <li>• Position 2 – feet shoulder width apart</li> <li>• Slide – from position 2 slide one foot slightly back</li> <li>• Ball held at chest height</li> <li>• Look at the target</li> <li>• Push the ball towards the target</li> <li>• Follow through with the arms ending pointing in the direction of the target</li> </ul> <p>Children into pairs and number themselves 1 and 2 (Blue – flat marker)</p> <ul style="list-style-type: none"> <li>• Child 2 makes a mark on the wall with chalk to act as a target</li> <li>• Child 1 stands on the flat marker and uses an appropriate pass to strike the target on the wall</li> <li>• Children awarded one point for striking the target</li> <li>• Children rotate rolls after each attempt with a new target</li> <li>• Progress by introducing the floor as a target – children can make marks on both the floor and the wall</li> <li>• Sender will need to think about changing the pass they are using to strike a wall or floor target</li> </ul> </div> <div style="width: 45%;"> <p>Discuss ways to communicate to that you are ready to receive the ball</p> <ul style="list-style-type: none"> <li>• Visual – Hands up ready</li> <li>• Verbal – Call for the ball</li> <li>• Eye contact – Looking at the player with the ball.</li> </ul> <p>Split the area into smaller squares or rectangles using cones or flat markers with one ball in each area.</p> <ul style="list-style-type: none"> <li>• Children into groups of 4</li> <li>• Put on bibs to identify teams</li> <li>• One team per area</li> <li>• All of the children in the team line up at one end of the area</li> <li>• Children must work as a team to get their ball to the other end of the area and touch it down to score a point</li> </ul> <p><b>Rules</b></p> <ul style="list-style-type: none"> <li>• Children must pass the ball to everyone on their team before they touch it down</li> <li>• Children cannot move with the ball in their hands except to pivot on one foot.</li> <li>• Children cannot pass to someone unless they are communicating that they are ready</li> </ul> </div> </div>  	30 minutes	
<b>Cool Down</b>	<p><b>Can you show me....</b></p> <ul style="list-style-type: none"> <li>• <b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li>• <b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li>• <b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li>• <b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li>• <b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul>	<ul style="list-style-type: none"> <li>• Children to jog around the area</li> <li>• When a number is called by teacher children are to stop and demonstrate that position</li> <li>• Slow down the pace after each position called until children are walking slowly.</li> </ul>	5 minutes

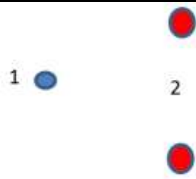
<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	4
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	9 - 11 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Coordination	Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Basketballs</li> <li>• Flat markers</li> <li>• Cones</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• Develop skills to receive the Basketball under control in different areas and heights</li> <li>• Understand the concept of tracking, and get in line with the ball to receive it</li> </ul>



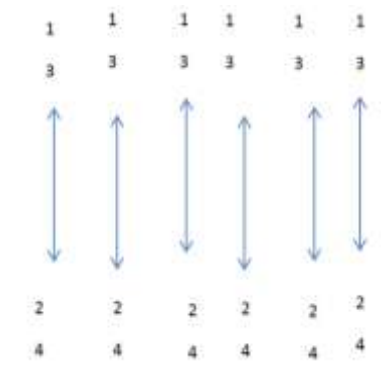

Lesson Content			Timings
<b>Warm Up</b>	<p>Children to be reminded &amp; explained the positions below:</p> <ul style="list-style-type: none"> <li>• <b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li>• <b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li>• <b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li>• <b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li>• <b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul>	<p>Travelling around the area implementing position 1 -5</p> <p>Ways of travelling</p> <ul style="list-style-type: none"> <li>• Walking forwards &amp; backwards</li> <li>• Skipping</li> <li>• Jogging</li> <li>• Side steps</li> <li>• Hopping</li> <li>• Jumping</li> </ul>	5-7 minutes
<b>Activities</b>	<p>Set up a goal area as below (Blue – flat marker, Red – Cones)</p>  <p>Teacher (2) and one child (1) to demonstrate</p> <ul style="list-style-type: none"> <li>• Tracking - Receiver must move to the position the ball is being sent to before the ball reaches there (getting in line)</li> <li>• Position 1 – standing feet together</li> <li>• Position 2 – feet shoulder width apart</li> <li>• Position 3 – Slide – from position 2 slide one foot back</li> <li>• W for WANT – Palms facing outward, thumbs together creating a W shaped target, fingers curve to create a bowl</li> <li>• Look – Look at the object they are receiving</li> <li>• Mine – When they have received and object bring their hands up to their chest to secure the object.</li> <li>• Whole body will need to move to receive the ball</li> <li>• Hands and arms should be ready to receive as they move</li> <li>• Ball brought into the chest once received to secure the ball</li> </ul> <ul style="list-style-type: none"> <li>• Children to get into pairs and number themselves 1 and 2</li> <li>• 1 stands on the flat marker holding the ball</li> <li>• 2 stands in the goal</li> <li>• Child 1 sends the ball using a chest pass into the goal area</li> <li>• Child 2 tracks and receives the ball</li> </ul>	<ul style="list-style-type: none"> <li>• Receiver then chest passes the ball back to the sender on the marker</li> <li>• Swap positions after the ball has been sent 5 times.</li> <li>• Progress children onto sending and receiving a bounce pass</li> </ul> <p><b>Progression</b></p> <p>Teacher to demonstrate sending and receiving and overhead pass</p> <p><b>Overhead pass</b></p> <ul style="list-style-type: none"> <li>• Position 1 – standing feet together</li> <li>• Position 2 – feet shoulder width apart</li> <li>• Slide – from position 2 slide one foot slightly back</li> <li>• Overhead – Ball held above the head with arms slightly bent</li> <li>• Push – Ball pushed towards the receiver</li> <li>• Ball can be received over head or at chest height</li> <li>• Ball should be brought into chest once received</li> </ul> <p>Children to continue activity using overhead passes</p> <p><b>Challenge</b></p> <ul style="list-style-type: none"> <li>• Continue the activity using a range of passes</li> <li>• If receiver misses a ball in the goal area the sender wins a point</li> <li>• If the receiver catches the ball in the goal area they receive a point</li> <li>• Swap rolls after 5 attempts</li> <li>• Successful children will have the most points after a time limit</li> </ul>	30 minutes
<b>Cool Down</b>	<p>Can you show me...</p> <ul style="list-style-type: none"> <li>• <b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li>• <b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li>• <b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li>• <b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li>• <b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul>	<p>Travelling around the area implementing position 1 -5</p> <p>Ways of travelling</p> <ul style="list-style-type: none"> <li>• Walking forwards &amp; backwards</li> <li>• Skipping</li> <li>• Jogging</li> <li>• Side steps</li> <li>• Hopping</li> <li>• Jumping</li> </ul>	5 minutes

<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	5
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	9 - 11 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Coordination	Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Basketballs</li> <li>• Cones</li> <li>• Flat markers</li> <li>• Bibs</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• To be able to show control when travelling with the ball</li> <li>• Travel while dribbling the basketball under control</li> </ul>

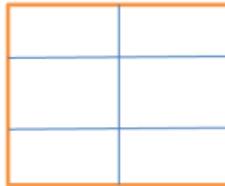
Lesson Content		Timings
<b>Warm Up</b>	<p><b>Bib tag</b></p> <ul style="list-style-type: none"> <li>Introduce 8 bib taggers in a class of 30 children</li> <li>Each child to find an space in the area where no one else is and stand in position 1 – one child to select a way to travel</li> <li>The taggers will hold a bib scrunched up in a ball</li> <li>Teacher to condition tagging area (legs/arms/feet/knees etc.) – no tagging to head area</li> <li>Tagger to send bib towards area selected and if struck there, the child who was struck by bib becomes new tagger</li> <li>The child that was caught cannot get the person who got them back straight away, they must tag a different child</li> <li>Continue and add or take away more taggers depending on children’s perceptions</li> </ul>	5-7 minutes
<b>Activities</b>	<p>Teacher to demonstrate travelling slowly with the basketball with dribbling with one hand</p> <ul style="list-style-type: none"> <li>Position 1 – feet together facing forwards and hands by their side standing straight</li> <li>Position 2 – feet shoulders width apart hands by their side standing straight</li> <li>Position 3 – feet shoulders width apart, left foot one step forwards hands by their side</li> <li>Arm in front of body slightly bent at the elbow</li> <li>Hand flat with palm down angled in the direction on travel</li> <li>Strike the ball with enough force that it hits the ground and bounces up to the height of the hand</li> <li>Arm should move from elbow</li> <li>Move forward slowly</li> </ul> <p><b>Progression</b></p> <ul style="list-style-type: none"> <li>In groups of 4 children to number themselves 1-4</li> <li>One basketball per group</li> <li>Odd numbers stand on one side of the area</li> <li>Evens on the opposite side</li> <li>Child with the ball dribbles to the child opposite who receives the ball and dribbles it back until each child has crossed the area dribbling the ball</li> </ul> <p><b>Challenge</b></p> <ul style="list-style-type: none"> <li>Once the child has dribbled the ball they sit down</li> <li>First team sat down is successful</li> </ul>   <ul style="list-style-type: none"> <li>Children into pairs and number 1 and 2</li> <li>Children to stand on flat markers facing each other with a marker in the middle</li> <li>Child 2 must dribble the ball to a flat marker and send the ball to waiting child then return to their original marker</li> <li>Child who received the ball now takes a turn dribbling the ball to the middle marker, sending the ball and returning to start position</li> <li>(Blue – flat marker, , Arrow – direction child travels)</li> </ul> <p>Progress children make the spaces between the markers larger to the ball is dribbled for a longer time.</p>	30 minutes
<b>Cool Down</b>	<p><b>Traffic lights</b></p> <p>Children to travel around the area responding to commands given by a teacher (or peer)</p> <ul style="list-style-type: none"> <li>Green – Jog</li> <li>Amber – jog on the spot</li> <li>Red – stand still</li> </ul> <p>Gradually decrease the speed of green until children are walking slowly around the area.</p>	5 minutes

<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	6
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	9 - 11 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Coordination	Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Basketballs</li> <li>• Flat markers</li> <li>• Cones</li> <li>• Bibs</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• Improve their understanding of creating space to receive a ball</li> <li>• Recognise the correct time to intercept or tackle the opposition to gain possession of the ball</li> <li>• Identify when to intercept a pass and when to tackle the opposition to gain possession</li> <li>• Recognise how to create space to receive a ball</li> </ul>

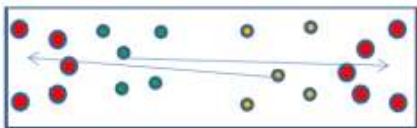

Lesson Content		Timings	
<b>Warm Up</b>	<p><b>Pass</b></p> <ul style="list-style-type: none"> <li>Children into pairs and number themselves 1 and 2</li> <li>Child 2 gets a basketball</li> <li>Decide on a signal (visual – holding up a cone or a verbal order) to indicate when to send the ball</li> <li>Children to move around the area</li> <li>With ball – dribbling</li> <li>Without – jogging</li> </ul>	<ul style="list-style-type: none"> <li>When the signal is given the children must send the ball to their partner who receives it and begins dribbling</li> <li>Encourage children to look around them for space</li> <li>Be aware of others</li> <li>Look up for 2 bounces, glance down, look up</li> </ul>	5-7 minutes
<b>Activities</b>	<p>Teacher to demonstrate different ways of sending to get around the defender:</p> <ul style="list-style-type: none"> <li>Teacher to demonstrate each in turn: <ul style="list-style-type: none"> <li>Overhead – over the defender</li> <li>Chest – around the defender</li> <li>Bounce pass – over or around the defender</li> </ul> </li> </ul> <p><b>Intercepting</b></p> <ul style="list-style-type: none"> <li>Watch – Look for the signs of where the ball is being sent</li> <li>Track the ball – Move in line with the path of the ball</li> <li>Ready – Hands in W ready to receive the ball</li> </ul> <ul style="list-style-type: none"> <li>Children to get into groups of 4 and number themselves 1 – 4</li> <li>Children 1 – 3 to arrange themselves to make a triangle</li> <li>Child 4 (defender) is to stand in the middle of the triangle.</li> <li>Children 1 – 3 are to send the ball to each other</li> <li>Only child 4 must try and intercept the ball or collect any ball that was not received</li> <li>If 4 receives the ball then the child who sent the ball is in the middle.</li> </ul>	<p><b>Progression</b></p> <ul style="list-style-type: none"> <li>Children into teams of 5</li> <li>Teams to wear bibs to identify themselves</li> </ul> <p>Split the area into smaller squares or rectangles using cones or flat markers with one ball in each area.</p>  <p><b>Teaching points</b></p> <ul style="list-style-type: none"> <li>Working in a triangle to send and receive gives two options for the sender to use</li> <li>Use space around you into triangles in a game</li> <li>Children to get into groups of 3 and put on a bib to identify their team</li> <li>Two teams into each small square</li> <li>Children are to pass the ball between their team members as many times as they can without the opposite team getting the ball</li> <li>The ball can be won by the opposite team intercepting the ball or picking up from the floor only.</li> <li>If the opposite team win the ball they then have to make as many passes as they can without the ball being won by the opposite team.</li> <li>Swap the teams around so they all get to play each other</li> </ul>	30 minutes
<b>Cool Down</b>	<p><b>Traffic lights</b></p> <p>Children to travel around the area responding to commands given by a teacher (or peer)</p> <ul style="list-style-type: none"> <li>Green – Jog</li> <li>Amber – jog on the spot</li> <li>Red – stand still</li> </ul> <p>Gradually decrease the speed of green until children are walking slowly around the area.</p>		5 minutes

<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	7
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	9 - 11 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Coordination	Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Basketballs</li> <li>• Flat markers</li> <li>• Cones</li> <li>• Hoops</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• Direct the basketball reasonably well towards their opponent's court or target area</li> <li>• Extend sending, receiving &amp; travelling individually and with an partner/opponent</li> <li>• Understand the concepts of aiming and taking the ball to a good position for aiming</li> </ul>

Lesson Content		Timings
<b>Warm Up</b>	<p><b>Pass</b></p> <ul style="list-style-type: none"> <li>Children into pairs and number themselves 1 and 2</li> <li>Child 2 gets a basketball</li> <li>Decide on a signal (visual – holding up a cone or a verbal order) to indicate when to send the ball</li> <li>Children to move around the area</li> <li>With ball – dribbling</li> <li>Without – jogging</li> </ul>	<ul style="list-style-type: none"> <li>When the signal is given the children must send the ball to their partner who receives it and begins dribbling</li> <li>Encourage children to look around them for space</li> <li>Be aware of others</li> <li>Look up for 2 bounces, glance down, look up</li> </ul>
<b>Activities</b>	<p>Discuss working as a team to find space:</p> <ul style="list-style-type: none"> <li>Using Triangles</li> <li>Finding space</li> <li>Communicating they are ready to receive</li> </ul> <p>Set up 3 large pitches (Red – flat markers, Line – cones, Green – one team, Orange – One team, Arrow – direction the ball travels in)</p> <p><b>Rules</b></p> <ul style="list-style-type: none"> <li>Children must pass the ball to everyone on their team</li> <li>Travel with the ball by dribbling</li> <li>The opposite team can win the ball by interception</li> <li>A goal is scored when a player receives the ball with their feet inside their semi-circle</li> </ul> <p>Progress children by limiting the time they can hold the ball at their feet before sending.</p> <ul style="list-style-type: none"> <li>Rotate teams so everyone has the opportunity to play each other.</li> </ul> 	<p><b>Progression – introduce a target</b> (Red – cones, X – cone with ball balanced on it, arrows – direction of travel)</p> <ul style="list-style-type: none"> <li>Teams begin lined up at either end of the court in front of their goal (ball balanced on cone)</li> <li>One team starts with a ball</li> </ul>  <p><b>Rules</b></p> <ul style="list-style-type: none"> <li>Children must pass the ball to everyone on their team then attempt to send the ball to knock the other teams' ball from the cone from outside the coned semi-circle.</li> <li>The opposite team can win the ball by interception</li> <li>Travel with the ball by dribbling</li> <li>None is allowed in the coned semi-circle except to place the ball back onto the cone</li> </ul>
<b>Cool Down</b>	<p><b>Traffic lights</b></p> <p>Children to travel around the area responding to commands given by a teacher (or peer)</p> <ul style="list-style-type: none"> <li>Green – Jog</li> <li>Amber – jog on the spot</li> <li>Red – stand still</li> </ul> <p>Gradually decrease the speed of green until children are walking slowly around the area.</p>	5 minutes


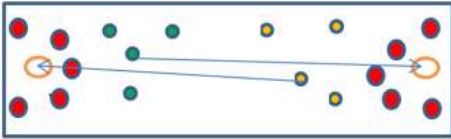
<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	8
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	9 - 11 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Coordination	Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Basketballs</li> <li>• Flat markers</li> <li>• Cones</li> <li>• Hoops</li> <li>• Basketball hoops</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• To be able to send a basketball through a hoop to score a goal</li> <li>• To aim and send a basketball at a target accurately</li> </ul>



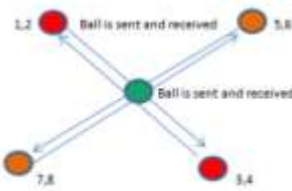
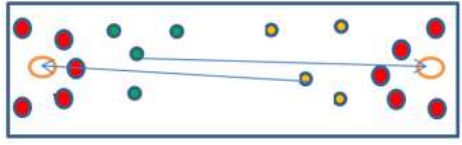
Lesson Content		Timings	
<b>Warm Up</b>	<p><b>Pass</b></p> <ul style="list-style-type: none"> <li>Children into pairs and number themselves 1 and 2</li> <li>Child 2 gets a basketball</li> <li>Decide on a signal (visual – holding up a cone or a verbal order) to indicate when to send the ball</li> <li>Children to move around the area</li> <li>With ball – dribbling</li> <li>Without – jogging</li> </ul>	<ul style="list-style-type: none"> <li>When the signal is given the children must send the ball to their partner who receives it and begins dribbling</li> <li>Encourage children to look around them for space</li> <li>Be aware of others</li> <li>Look up for 2 bounces, glance down, look up</li> </ul>	5-7 minutes
<b>Activities</b>	<p>Teacher to demonstrate aiming at a hooped target</p> <p><b>Overhead pass</b></p> <ul style="list-style-type: none"> <li>Position 1 – standing feet together</li> <li>Position 2 – feet shoulder width apart</li> <li>Slide – from position 2 slide one foot slightly back</li> <li>Overhead – Ball held above the head with arms slightly bent</li> <li>Aim – hands, feet and eyes towards the target</li> <li>Push – Ball pushed towards the target</li> </ul> <p>Circuit</p> <ul style="list-style-type: none"> <li>Children into pairs and number 1 and 2</li> </ul> <p><b>Activity 1</b></p> <ul style="list-style-type: none"> <li>Child 1 gets a hoop</li> <li>Child 2 get a ball</li> <li>Child 1 holds the hoop flat (like basketball hoop) out to their side</li> <li>Child 2 must use an overhead pass to send the ball through the hoop</li> </ul>  <p>(Green – Child,, Arrow – direction of ball travel, Hoop – Hoop as viewed from above)</p> <ul style="list-style-type: none"> <li>Point scored each time the ball goes through the hoop</li> <li>After 5 attempts children to swap rolls.</li> <li>Increase the height the hoop is held at until it is above the child's head</li> </ul>	<p><b>Activity 2</b></p> <ul style="list-style-type: none"> <li>Child 1 sends the ball at a basketball hoop</li> <li>Child 2 must track the ball and receive it as it falls</li> <li>Children swap rolls after each attempt</li> <li>Rotate the activities so all children have had a go at sending towards a basketball hoop</li> </ul> <p><b>Progression</b></p> <ul style="list-style-type: none"> <li>Children into teams of 5</li> <li>Teams to wear bibs to identify themselves</li> <li>One child from each team to hold a hoop in the semi circles as act as a 'goal'</li> </ul> <p>Set up 3 large pitches (Red – flat markers, Line – cones, Green – one team, Orange – One team, Arrow – direction the ball travels in, Hoop – Child holding a hoop as viewed from above)</p>  <p><b>Rules</b></p> <ul style="list-style-type: none"> <li>Children must pass the ball to everyone on their team using their feet</li> <li>Children can only travel with the ball by dribbling</li> <li>The opposite team can win the ball by interception</li> <li>A goal is scored when a player puts the ball through the hoop</li> </ul> <p>Progress by introducing basketball hoops as goals</p> <ul style="list-style-type: none"> <li>Rotate teams so everyone has the opportunity to play each other.</li> </ul>	30 minutes
<b>Cool Down</b>	<p><b>Traffic lights</b></p> <p>Children to travel around the area responding to commands given by a teacher (or peer)</p> <ul style="list-style-type: none"> <li>Green – Jog</li> <li>Amber – jog on the spot</li> <li>Red – stand still</li> </ul> <p>Gradually decrease the speed of green until children are walking slowly around the area.</p>		5 minutes

<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	9
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	9-11 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Coordination	Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Basketballs</li> <li>• Flat markers</li> <li>• Cones</li> <li>• Basketball hoops</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• Move fluently, changing direction and speed easily and avoiding collisions</li> <li>• Continue decision making about when and where to send the ball, and to be aware of others running and chasing</li> <li>• To travel with the ball under control</li> </ul>

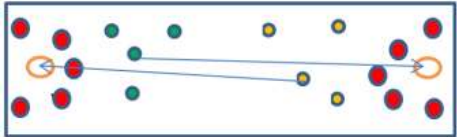
Lesson Content		Timings	
<p><b>Warm Up</b></p>	<p><b>Pass</b></p> <ul style="list-style-type: none"> <li>Children into pairs and number themselves 1 and 2</li> <li>Child 2 gets a basketball</li> <li>Decide on a signal (visual – holding up a cone or a verbal order) to indicate when to send the ball</li> <li>Children to move around the area</li> <li>With ball – dribbling</li> <li>Without – jogging</li> </ul>	<ul style="list-style-type: none"> <li>When the signal is given the children must send the ball to their partner who receives it and begins dribbling</li> <li>Encourage children to look around them for space</li> <li>Be aware of others</li> <li>Look up for 2 bounces, glance down, look up</li> </ul>	<p>5-7 minutes</p>
<p><b>Activities</b></p>	<p>Children into groups of 8 and number 1 – 8            Arrange them into a cross as diagram below            Teacher to walk through with one group as demonstration            (Red – two cones, Orange – two cones, Green – One cone, Arrow – direction of ball travel)</p>  <ul style="list-style-type: none"> <li>Child 1 is to be given the ball</li> <li>Opposite children (1 and 2) jog / dribble towards cone</li> <li>At the green cone 1 passes the ball to 2</li> <li>2 carries dribbles in the same direction they were jogging</li> <li>2 passes to 3</li> <li>3 and 4 jog / dribble to the green cone</li> <li>4 receives the ball at the green cone</li> <li>Carries on dribbling and passes to 1 who is waiting.</li> </ul> <p><b>Sender</b></p> <ul style="list-style-type: none"> <li>moving dribbling the ball</li> <li>Looking at the receivers hands</li> <li>Making sure the receiver is ready (use communication)</li> <li>Children to carry out the activity attempting counting successful passes made</li> <li>If the ball is dropped the count is returned to 0</li> <li>Encourage groups to move faster until they can receive the ball at a fast jog or run.</li> <li>Children will need to</li> <li>Communicate</li> <li>Changing direction of run</li> <li>Send from both sides of the body</li> </ul>	<p><b>Receiver</b></p> <ul style="list-style-type: none"> <li>Moving with both hands ready to receive</li> <li>Looking at the ball</li> <li>Tracking (inline) with the ball</li> <li>Hold ball to the chest with both hands when received</li> </ul> <p>Children into teams of 5            Teams to wear bibs to identify themselves            Set up 3 large pitches            (Red – flat markers, Line – cones, Green – one team, Orange – One team, Arrow – direction the ball travels in, Hoop – Basketball hoop)</p>  <p><b>Rules</b></p> <ul style="list-style-type: none"> <li>Children must pass the ball to everyone on their team</li> <li>Children cannot move with the ball at their feet except to pivot on one foot.</li> <li>The opposite team can win the ball by interception</li> <li>A goal is scored when a player puts the ball through the goal</li> <li>Progress to children must send the ball within 5 seconds of receiving</li> <li>Rotate teams so everyone has the opportunity to play each other.</li> </ul>	<p>30 minutes</p>
<p><b>Cool Down</b></p>	<p><b>Traffic lights</b>            Children to travel around the area responding to commands given by a teacher (or peer)</p> <ul style="list-style-type: none"> <li>Green – Jog</li> <li>Amber – jog on the spot</li> <li>Red – stand still</li> </ul> <p>Gradually decrease the speed of green until children are walking slowly around the area.</p>	<p>5 minutes</p>	

<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	10
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	9-11 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Coordination	Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Basketballs</li> <li>• Flat markers</li> <li>• Cones</li> <li>• Basketball hoops</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• Develop awareness of opponents positioning within the area of play</li> <li>• Recognise space in their games and use it to their advantage, planning where to stand to make it difficult for opponents</li> </ul>

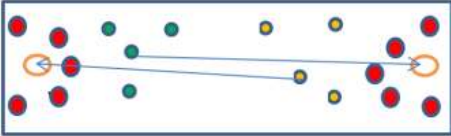
Lesson Content		Timings	
<b>Warm Up</b>	<p><b>Pass</b></p> <ul style="list-style-type: none"> <li>Children into pairs and number themselves 1 and 2</li> <li>Child 2 gets a basketball</li> <li>Decide on a signal (visual – holding up a cone or a verbal order) to indicate when to send the ball</li> <li>Children to move around the area</li> <li>With ball – dribbling</li> <li>Without – jogging</li> </ul>	<ul style="list-style-type: none"> <li>When the signal is given the children must send the ball to their partner who receives it and begins dribbling</li> <li>Encourage children to look around them for space</li> <li>Be aware of others</li> <li>Look up for 2 bounces, glance down, look up</li> </ul>	5-7 minutes
<b>Activities</b>	<p>Teacher to demonstrate marking a child so they cannot receive the ball</p> <ul style="list-style-type: none"> <li>Stand in front slightly to the side– so you can see them in your peripheral vision</li> <li>Make a big shape – Arms out wide to knock the ball away</li> <li>Be ready to move – knees slightly bent, on their toes</li> <li>No contact – No contact must be made between the receiver and the marker</li> </ul> <ul style="list-style-type: none"> <li>Children into pairs and number themselves 1, 2 and 3</li> <li>Child 1 and 2 put on the same coloured bib</li> <li>Child 3 to wear a different colour</li> <li>Number 1's to get a ball</li> <li>Number two act as receiver</li> <li>Number 3 to be the marker</li> <li>All children to move around in the area at a slow jog dribbling the ball</li> <li>Decide on an indicator (holding up a cone or verbal command)</li> <li>When the command is given (or cone held up)</li> <li>Child 1 must attempt to send the ball to child 2</li> <li>Child 3 must mark child 2 to prevent them receiving the ball</li> <li>Swap roll often so every child has been a marker</li> </ul>	<ul style="list-style-type: none"> <li>Children into teams of 5</li> <li>Teams to wear bibs to identify themselves</li> <li>Each child to identify a player on the opposing team to mark</li> </ul> <p>Set up 3 large pitches (Red – flat markers, Line – cones, Green – one team, Orange – One team, Arrow – direction the ball travels in, Hoop – basketball hoop)</p> <p>Rules</p> <ul style="list-style-type: none"> <li>Children must pass the ball to everyone on their team</li> <li>Children with the ball can only move by dribbling</li> <li>Person marking the child who receives the ball must drop back to allow them to pass</li> <li>The opposite team can win the ball by interception</li> <li>A goal is scored when a player puts the ball through the hoop</li> <li>Rotate teams so everyone has the opportunity to play each other choosing a person to mark in each team</li> </ul> 	30 minutes
<b>Cool Down</b>	<p><b>Traffic lights</b></p> <p>Children to travel around the area responding to commands given by a teacher (or peer)</p> <ul style="list-style-type: none"> <li>Green – Jog</li> <li>Amber – jog on the spot</li> <li>Red – stand still</li> </ul> <p>Gradually decrease the speed of green until children are walking slowly around the area.</p>		5 minutes

<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	11
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	9-11 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Coordination	Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Basketballs</li> <li>• Flat markers</li> <li>• Cones</li> <li>• Basketball hoops</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• Show an understanding of moving to screen the opposition from receiving the ball</li> <li>• Recognise the opportunity to intercept a pass and shield the opposition from creating space</li> </ul>

Lesson Content		Timings	
<b>Warm Up</b>	<p><b>Pass</b></p> <ul style="list-style-type: none"> <li>Children into pairs and number themselves 1 and 2</li> <li>Child 2 gets a basketball</li> <li>Decide on a signal (visual – holding up a cone or a verbal order) to indicate when to send the ball</li> <li>Children to move around the area</li> <li>With ball – dribbling</li> <li>Without – jogging</li> </ul>	<ul style="list-style-type: none"> <li>When the signal is given the children must send the ball to their partner who receives it and begins dribbling</li> <li>Encourage children to look around them for space</li> <li>Be aware of others</li> <li>Look up for 2 bounces, glance down, look up</li> </ul>	5-7 minutes
<b>Activities</b>	<p>Teacher to demonstrate marking a child so they cannot receive the ball</p> <ul style="list-style-type: none"> <li>Stand in front of the play – blocks their vision of other players</li> <li>Make a big shape – Arms out wide to knock the ball away</li> <li>Mobile – knees slightly bent, on their toes moving where the sender is looking</li> <li>No contact – No contact must be made between the receiver and the marker</li> <li>Children into pairs and number themselves 1, 2 and 3</li> <li>Child 1 and 2 put on the same coloured bib</li> <li>Child 3 to wear a different colour</li> <li>Number 1's to get a ball</li> <li>Number two act as receiver</li> <li>Number 3 to mark the sender</li> <li>All children to move around in the area at a slow jog dribbling the ball</li> <li>Decide on an indicator (holding up a cone or verbal command)</li> <li>When the command is given (or cone held up)</li> <li>Child 1 must attempt to send the ball to child 2</li> <li>Child 3 must mark child 1 to prevent them sending the ball</li> <li>Swap roll often so every child has been a marker</li> </ul>	<ul style="list-style-type: none"> <li>Children into teams of 5</li> <li>Teams to wear bibs to identify themselves</li> <li>Each child to identify a player on the opposing team to mark</li> </ul> <p>Set up 3 large pitches (Red – flat markers, Line – cones, Green – one team, Orange – One team, Arrow – direction the ball travels in, Hoop – basketball hoops)</p> <p><b>Rules</b></p> <ul style="list-style-type: none"> <li>Children must pass the ball to everyone on their team</li> <li>Child with ball may only travel by dribbling the ball</li> <li>Stick with the child you are marking – to prevent sending and receiving</li> <li>The opposite team can win the ball by interception</li> <li>A goal is scored when a player puts the ball through the hoop</li> <li>Rotate teams so everyone has the opportunity to play each other choosing a person to mark in each team</li> </ul> 	30 minutes
<b>Cool Down</b>	<p><b>Traffic lights</b></p> <p>Children to travel around the area responding to commands given by a teacher (or peer)</p> <ul style="list-style-type: none"> <li>Green – Jog</li> <li>Amber – jog on the spot</li> <li>Red – stand still</li> </ul> <p>Gradually decrease the speed of green until children are walking slowly around the area.</p>		5 minutes

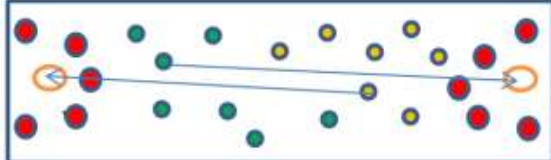
<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	12
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	9-11 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Coordination	Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Basketballs</li> <li>• Flat markers</li> <li>• Cones</li> <li>• Basketball hoops</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• Use a combination of sending and receiving skills in a game of Basketball</li> <li>• Defend effectively, slowing games down and making it hard for opponents to find space</li> </ul>



Lesson Content		Timings
<b>Warm Up</b>	<p><b>Mine...</b></p> <ul style="list-style-type: none"> <li>• Spread the balls around the outside of the area – not enough for one each.</li> <li>• Children are to be given 5 lives.</li> <li>• Children to jog around the area.</li> <li>• Chose a signal to act on (holding up a cone or shouting go)</li> <li>• When signalled children are to run to a ball and hold it up</li> <li>• Children without a ball loose a life (Do not allow children to lose all their lives as it is important all children are kept active during a warm up)</li> </ul>	5-7 minutes
<b>Activities</b>	<p>As a class questions about points to remember in a game of netball:</p> <p><b>Marking</b></p> <ul style="list-style-type: none"> <li>• Finding space – working in triangles</li> <li>• Communication</li> <li>• Awareness of opposition and team mates</li> <li>• Different ways of sending</li> <li>• Receiving and securing the ball</li> <li>• Dribbling under control – looking where they are going</li> </ul> <p>Write these down and place where they can be viewed throughout the lesson (a small whiteboard would work well)</p> <p>Children placed into teams of 7</p> <ul style="list-style-type: none"> <li>• Teams to wear bibs to identify themselves</li> <li>• Each child to identify a player on the opposing team to mark</li> </ul> <p>Set up 2 large pitches (Red – flat markers, Line – cones, Green – one team, Orange – One team, Arrow – direction the ball travels in, Hoop – basketball hoop)</p> <p><b>Rules</b></p> <ul style="list-style-type: none"> <li>• Children must pass the ball to everyone on their team</li> <li>• Children may only travel with the ball by dribbling it</li> <li>• The opposite team can win the ball by interception</li> <li>• A goal is scored when a player puts the ball through the hoops</li> <li>• In teams discuss and evaluate performance after each game to create a target for the next</li> <li>• Rotate teams so everyone has the opportunity to play each other choosing a person to mark in each team</li> </ul>  <p>The diagram shows a rectangular netball pitch. On the left and right sides, there are two basketball hoops. A blue line with an arrow indicates the direction of ball travel from the left hoop towards the right hoop. The pitch is populated with red and green flat markers representing players. There are also several yellow and green cones scattered across the pitch.</p>	30 minutes
<b>Cool Down</b>	<p><b>Traffic lights</b></p> <p>Children to travel around the area responding to commands given by a teacher (or peer)</p> <ul style="list-style-type: none"> <li>• Green – Jog</li> <li>• Amber – jog on the spot</li> <li>• Red – stand still</li> </ul> <p>Gradually decrease the speed of green until children are walking slowly around the area.</p>	5 minutes