



# BASKETBALL



## Years 5 & 6

Lesson Week:	Lesson Topic:
Week 1	Ball Handling and Control
Week 2	Passing and Receiving
Week 3	Shooting and Faking
Week 4	Gameplay and Attacking
Week 5	Gameplay and Defending
Week 6	Basketball Games

<p><b>Session Topic and Number of Participants:</b></p>	<p><b>Equipment:</b></p>
<ul style="list-style-type: none"> <li>• Ball Handling and Control.</li> <li>• Up to 30 Children.</li> </ul>	<ul style="list-style-type: none"> <li>• Basketballs.</li> <li>• Cones – Variety of colours.</li> <li>• Bibs – Variety of colours.</li> </ul>
<p><b>Learning Outcomes:</b></p>	<p><b>Vocabulary:</b></p>
<ul style="list-style-type: none"> <li>• To reinforce control of the ball.</li> <li>• To reinforce dribbling the ball using both hands.</li> <li>• To practice dribbling on the move and under control.</li> </ul>	<ul style="list-style-type: none"> <li>• Dribble, Bounce, Fingertips, Palm, Wrist, Whole Arm, Head Up, Balance, Control, Run, Possession, Ball, 5v5, Direction, Area, Vision.</li> </ul>
<p><b>Warm Up:</b></p>	<p><b>Differentiation:</b></p>
<p><b>“Through the Gates”</b></p> <ol style="list-style-type: none"> <li>1) Set up small gates/goals, with the cones, all around the working area. Children work individually, trying to dribble/bounce their ball through as many gates as they can in a specified time.</li> <li>2) Same exercise as 1, but this time, give the children a target score to get to in the specified time.</li> <li>3) Same exercise as 1, but this time, the children score different amounts of points depending on the different coloured gates.</li> </ol>	<p><b>“Easier”</b></p> <ol style="list-style-type: none"> <li>1) Decrease the speed of movement.</li> <li>2) Walk through gates instead of run.</li> <li>3) Decrease number of gates.</li> </ol> <p><b>“Harder”</b></p> <ol style="list-style-type: none"> <li>1) Increase speed.</li> <li>2) Increase target score.</li> <li>3) Decrease time limit.</li> </ol>
<p><b>Main Content:</b></p>	<p><b>Differentiation:</b></p>
<p><b>“Controlling and Running with the Ball”</b></p> <ol style="list-style-type: none"> <li>1) Square-V-Dribble – Each child has a ball. Practice dribbling in front of their body alternating hands. Dribbling in ‘v’ shapes using one and two hands, in front of their body, at sides of their body, through their legs, behind their back. Keep head up, back straight.</li> <li>2) Duck-duck-goose – Children sit in a big circle. One child dribbles a ball around the circle tapping everyone on their head and saying “duck”. If they say “goose”, the person that they tapped has to get up and try to tag the person with the ball before they get around the circle and back to where the person they tagged started from. Alternate between children that are it using their right and left hands to dribble.</li> <li>3) King of the ring – Each child has a ball. Move around a marked area and try to knock each other's ball out of the area, but keeping possession of their own ball. If their ball goes out of the area they have to do 5 squats then join back in.</li> <li>4) Same exercise as 3, but this time if their ball goes out of the area, they are out.</li> <li>5) 5 v 5 Games – Players have to dribble through a goal to score, first team to a certain amount wins.</li> </ol>	<p><b>“Easier”</b></p> <ol style="list-style-type: none"> <li>1) Use smaller balls.</li> <li>2) Decrease the speed of movement.</li> <li>3) Use floor markings to assist and show where to bounce the ball.</li> </ol> <p><b>“Harder”</b></p> <ol style="list-style-type: none"> <li>1) Increase speed.</li> <li>2) Introduce target scores.</li> <li>3) Introduce using their weaker hand.</li> <li>4) Children try to not watch the ball.</li> <li>5) Children are out when knocked out of the ring.</li> </ol>
<p><b>Cool Down:</b></p>	<p><b>Assessment Opportunities:</b></p>
<p><b>“Through the Gates”</b></p> <ol style="list-style-type: none"> <li>1) Same exercises as in the warm up section, but this time the children have to walk and take long deep breaths while dribbling.</li> <li>2) Same exercise as in 1, but this time the children have to slowly lunge around the area.</li> </ol>	<ul style="list-style-type: none"> <li>• Peers, Self, Group Work, Q &amp; A's, Observations.</li> </ul>



<b>Session Topic and Number of Participants:</b> <ul style="list-style-type: none"> <li>• Passing and Receiving.</li> <li>• Up to 30 Children.</li> </ul>	<b>Equipment:</b> <ul style="list-style-type: none"> <li>• Basketballs</li> <li>• Hoops – Variety of colours.</li> <li>• Cones – Variety of colours.</li> <li>• Bibs – Variety of colours.</li> </ul>
<b>Learning Outcomes:</b> <ul style="list-style-type: none"> <li>• To revise the skills of throwing, catching and passing accurately.</li> <li>• To use both a chest pass and a bounce pass.</li> <li>• To participate in a game of Hoopball/Cornerball.</li> </ul>	<b>Vocabulary:</b> <ul style="list-style-type: none"> <li>• Pass, Dribble, Bounce, Fingertips, Palm, Wrist, Chest, Head Up, Balance, Target, Control, Run, Possession, Ball, 5v5, Direction, Area, Vision</li> </ul>
<b>Warm Up:</b> <p><b>“Through the Gates”</b></p> <ol style="list-style-type: none"> <li>1) Set up small gates, with the cones, all around the working area. Children work in pairs to try and pass through as many gates as they can in a specified time.</li> <li>2) Same exercise as 1, but this time, the children have to alternate between chest passing and bounce passing.</li> <li>3) Same exercise as 1, but this time, the children score different amounts of points depending on the different coloured gates.</li> </ol>	<b>Differentiation:</b> <p><b>“Easier”</b></p> <ol style="list-style-type: none"> <li>1) Decrease the speed of movement.</li> <li>2) Stick to bounce passing only.</li> <li>3) Decrease number of gates.</li> </ol> <p><b>“Harder”</b></p> <ol style="list-style-type: none"> <li>1) Increase speed.</li> <li>2) Stick to chest passing only.</li> <li>3) Increase target score.</li> <li>4) Decrease time limit.</li> </ol>
<b>Main Content:</b> <p><b>“Passing and Receiving”</b></p> <ol style="list-style-type: none"> <li>1) Children work in 3's in a triangle - one ball between three. First child chest passes to one of their team mates, who catches and then chest passes to the other team mate, who catches and chest passes to the first child, etc.</li> <li>2) Same exercise as 1, but children use bounce passes.</li> <li>3) Same exercise as 1, but this time first child passes to one of their team mates and then follows the ball and stands behind the child they just passed to. That child catches the ball and then passes to the other team mate and follows the ball and stands behind the child they just passed to. Then the third child does the same passing to the first child, etc.</li> <li>4) Same exercise as 3, but children use bounce passes.</li> <li>5) Still in 3's. Play 'piggy-in-the-middle'.</li> <li>6) Hoopball 5 v 5 Games – One child from each stands in a hoop at opposite ends. Team mates try to pass to them to score. Player in hoop must catch the ball for it to count.</li> </ol>	<b>Differentiation:</b> <p><b>“Easier”</b></p> <ol style="list-style-type: none"> <li>1) Bounce passing only.</li> <li>2) Catch and squeeze the ball.</li> <li>3) Allow the ball to bounce as two times as needed before catching.</li> <li>4) No snatching of the ball.</li> </ol> <p><b>“Harder”</b></p> <ol style="list-style-type: none"> <li>1) Increase the speed of passing.</li> <li>2) Don't allow the ball to bounce.</li> <li>3) Introduce showing a target at different areas of the body.</li> <li>4) Decrease the playing area.</li> </ol>
<b>Cool Down:</b> <p><b>“Through the Gates”</b></p> <ol style="list-style-type: none"> <li>1) Same exercises as in the warm up section, but this time the children have to walk and take long deep breaths before they pass.</li> <li>2) Same exercise as in 1, but this time the children have to slowly lunge around the area.</li> </ol>	<b>Assessment Opportunities:</b> <ul style="list-style-type: none"> <li>• Peers, Self, Group Work, Q &amp; A's, Observations.</li> </ul>



<p><b>Session Topic and Number of Participants:</b></p> <ul style="list-style-type: none"> <li>• Shooting and Faking.</li> <li>• Up to 30 Children.</li> </ul>	<p><b>Equipment:</b></p> <ul style="list-style-type: none"> <li>• Basketballs.</li> <li>• Basketball Nets.</li> <li>• Cones – Variety of colours.</li> <li>• Bibs – Variety of colours.</li> </ul>
<p><b>Learning Outcomes:</b></p> <ul style="list-style-type: none"> <li>• To reinforce the technique of B.E.L.I.E.F.</li> <li>• To improve accuracy of shooting in a game situation.</li> <li>• To participate in a game of mini-basketball.</li> </ul>	<p><b>Vocabulary:</b></p> <ul style="list-style-type: none"> <li>• Shoot, Balance, Eyes, Legs, Index Finger, Elbow, Follow Through, Snap, Fingertips, Wrist, Head Up, Balance, Target, Control, Run, Possession, Ball, 5v5, Direction, Area, Vision</li> </ul>
<p><b>Warm Up:</b></p> <p><b>“Skyfall”</b></p> <ol style="list-style-type: none"> <li>1) Children work individually in their own space, shooting their ball high in the air and trying to clap their hands as many times as they can before the ball hits the ground.</li> <li>2) Same exercise as 1, but this time, children have to catch the ball for it to count.</li> <li>3) Same exercise as 2, but this time, children have to try to catch the ball behind their back.</li> </ol>	<p><b>Differentiation:</b></p> <p><b>“Easier”</b></p> <ol style="list-style-type: none"> <li>1) Take away clapping.</li> <li>2) Allow ball to bounce once before catching.</li> </ol> <p><b>“Harder”</b></p> <ol style="list-style-type: none"> <li>1) Introduce competitions.</li> <li>2) Introduce target score.</li> <li>3) Work in pairs (one shoots, other clap catches).</li> </ol>
<p><b>Main Content:</b></p> <p><b>“Shooting Skills”</b></p> <ol style="list-style-type: none"> <li>1) Children work in 5's - one basket and one ball per group. Children take it in turns to shoot at the basket. Award 1 point if the ball hits the backboard or the rim, 2 points if the ball goes in the net. First to so many points wins.</li> <li>2) Same exercise as 1, but this time children take it in turns to jump and distract the shooters.</li> <li>3) Same exercises as 1 and 2 but change the position of the shooters so they are shooting from different angles.</li> <li>4) Same exercises as 1, 2 and 3, but this time, shooters make a shot fake then dribble past the distractor and then shoot.</li> <li>5) Mini-Basketball 5 v 5 Games – Award points for hitting the backboard and the rim as well as for getting the ball into the net.</li> </ol>	<p><b>Differentiation:</b></p> <p><b>“Easier”</b></p> <ol style="list-style-type: none"> <li>1) Shoot closer to the baskets.</li> <li>2) Use lower height baskets.</li> <li>3) Defenders allow shots inside the key area.</li> </ol> <p><b>“Harder”</b></p> <ol style="list-style-type: none"> <li>1) Introduce competitions.</li> <li>2) Introduce target score.</li> <li>3) Only allow points for scoring.</li> </ol>
<p><b>Cool Down:</b></p> <p><b>“Pop-the-Bubble”</b></p> <ol style="list-style-type: none"> <li>1) Children take it in turns to shoot at the basket. If they score they go to the back of the line. If they miss they go in the ‘bubble’. If the next child scores the bubble ‘pops’ and they are out. If the next child misses they take their place in the bubble and the first child goes to the back of the line, etc. Last child remaining wins.</li> </ol>	<p><b>Assessment Opportunities:</b></p> <ul style="list-style-type: none"> <li>• Peers, Self, Group Work, Q &amp; A's, Observations.</li> </ul>



<p><b>Session Topic and Number of Participants:</b></p> <ul style="list-style-type: none"> <li>• Gameplay and Attacking.</li> <li>• Up to 30 Children.</li> </ul>	<p><b>Equipment:</b></p> <ul style="list-style-type: none"> <li>• Basketballs</li> <li>• Basketball Nets.</li> <li>• Cones – Variety of colours.</li> <li>• Bibs – Variety of colours.</li> </ul>
<p><b>Learning Outcomes:</b></p> <ul style="list-style-type: none"> <li>• To reinforce ball handling, shooting and passing skills.</li> <li>• To improve the skill of attack in an invasion game.</li> <li>• To participate in a game of mini-basketball.</li> </ul>	<p><b>Vocabulary:</b></p> <ul style="list-style-type: none"> <li>• Shoot, Space, Fingertips, Wrist, Head Up, Balance, Target, Run, Possession, Ball, 5v5, Direction, Area, Vision, Dribble, Pass, Move.</li> </ul>
<p><b>Warm Up:</b></p> <p><b>“Time Bomb”</b></p> <ol style="list-style-type: none"> <li>1) Children work in 5’s – one ball per group, passing and moving in a specified area as fast and controlled as possible for a specified time. Whoever has the ball when the time stops is out.</li> <li>2) Same exercise as 1, but this time increase the distance the children must pass over.</li> <li>3) Same exercise as 1, but this time, decrease the specified time.</li> </ol>	<p><b>Differentiation:</b></p> <p><b>“Easier”</b></p> <ol style="list-style-type: none"> <li>1) Decrease the speed of movement.</li> <li>2) Stick to bounce passing only.</li> <li>3) Increase the time limit.</li> </ol> <p><b>“Harder”</b></p> <ol style="list-style-type: none"> <li>1) Increase speed.</li> <li>2) Stick to chest passing only.</li> <li>3) Introduce a time limit of holding the ball.</li> </ol>
<p><b>Main Content:</b></p> <p><b>“Attacking Skills”</b></p> <ol style="list-style-type: none"> <li>1) Children work in 5’s – one ball per group passing and moving in a specified area as fast and controlled as possible, calling out the name of the child they are passing to.</li> <li>2) Same exercise as 1, but this time, children take it in turns to be defenders/interceptors.</li> <li>3) Still in 5’s, dribble relay races.</li> <li>4) Still in 5’s, passing relay races. Teams line up one behind other. First child passes to the second, who turns and passes to third and so on. When the last player receives the ball, they dribble to the front of the line and then repeats the exercise, etc. First team to cross a specified distance wins.</li> <li>5) Mini-Basketball 5 v 5 Games – Award points for hitting the backboard and the rim as well as for getting the ball into the net. Each player must touch the ball before a shot at the basket is allowed.</li> </ol>	<p><b>Differentiation:</b></p> <p><b>“Easier”</b></p> <ol style="list-style-type: none"> <li>1) Decrease the speed of movement.</li> <li>2) Stick to bounce passing only.</li> <li>3) Don’t introduce defenders/interceptors (2).</li> </ol> <p><b>“Harder”</b></p> <ol style="list-style-type: none"> <li>1) Increase speed.</li> <li>2) Increase distance teams have to cross (3 &amp; 4).</li> <li>3) Stick to chest passing only.</li> <li>4) Introduce a time limit.</li> <li>5) Decrease playing area.</li> <li>6) Only allow points for scoring.</li> </ol>
<p><b>Cool Down:</b></p> <p><b>“Time Bomb”</b></p> <ol style="list-style-type: none"> <li>1) Same exercises as in the warm up section, but this time the children stand stationary in a circle.</li> <li>2) Same exercise as in 1, but this time the children have to sit in a circle.</li> </ol>	<p><b>Assessment Opportunities:</b></p> <ul style="list-style-type: none"> <li>• Peers, Self, Group Work, Q &amp; A’s, Observations.</li> </ul>



<b>Session Topic and Number of Participants:</b> <ul style="list-style-type: none"> <li>• Gameplay and Defending.</li> <li>• Up to 30 Children.</li> </ul>	<b>Equipment:</b> <ul style="list-style-type: none"> <li>• Basketballs</li> <li>• Basketball Nets.</li> <li>• Cones – Variety of colours.</li> <li>• Bibs – Variety of colours.</li> </ul>
<b>Learning Outcomes:</b> <ul style="list-style-type: none"> <li>• To reinforce ball handling, shooting and passing skills.</li> <li>• To improve the skills of defending in an invasion game.</li> <li>• To participate in a game of mini-basketball.</li> </ul>	<b>Vocabulary:</b> <ul style="list-style-type: none"> <li>• Shoot, Space, Fingertips, Wrist, Head Up, Balance, Target, Run, Possession, Ball, 5v5, Direction, Area, Vision, Dribble, Pass, Move.</li> </ul>
<b>Warm Up:</b> <p><b>“Dodge-Ems”</b></p> <ol style="list-style-type: none"> <li>1) Children work in pairs. One child moves wherever they want looking for space. Partners try to stay as close as possible. Take it in turns to work on both skills.</li> <li>2) Same exercise as 1, but this time, the child looking for space tries to get away from their partner.</li> <li>3) Same exercise as 2, but this time, the children play tag rules. When you are tagged you are ‘it’.</li> </ol>	<b>Differentiation:</b> <p><b>“Easier”</b></p> <ol style="list-style-type: none"> <li>1) Decrease the speed of movement.</li> <li>2) Decrease the playing area.</li> </ol> <p><b>“Harder”</b></p> <ol style="list-style-type: none"> <li>1) Increase speed.</li> <li>2) Increase the playing area.</li> </ol>
<b>Main Content:</b> <p><b>“Defense Skills”</b></p> <ol style="list-style-type: none"> <li>1) Children work in 5’s – one ball per group passing and moving in a specified area as fast and controlled as possible, calling out the name of the child they are passing to.</li> <li>2) Same exercise as 1, but this time, children take it in turns to be defenders/interceptors. Award points every time a defender/interceptor touches the ball.</li> <li>3) Same exercise as 2, but this time, the attackers can score after so many passes.</li> <li>4) Same exercise as 3, but introduce 2 and 3 defenders/interceptors.</li> <li>5) Mini-Basketball 5 v 5 Games – Award points for every time a team steals or gains control of the ball as well as for getting the ball into the net. Each player must touch the ball before a shot at the basket is allowed.</li> </ol>	<b>Differentiation:</b> <p><b>“Easier”</b></p> <ol style="list-style-type: none"> <li>1) Decrease the speed of movement.</li> <li>2) Stick to bounce passing only.</li> </ol> <p><b>“Harder”</b></p> <ol style="list-style-type: none"> <li>1) Increase speed.</li> <li>2) Stick to chest passing only.</li> <li>3) Introduce a time limit.</li> <li>4) Decrease playing area.</li> <li>5) Only allow points for scoring.</li> </ol>
<b>Cool Down:</b> <p><b>“Dodge-Ems”</b></p> <ol style="list-style-type: none"> <li>1) Same exercises as in the warm up section, but this time the children have to walk and take long deep breaths.</li> <li>2) Same exercise as in 1, but this time the children have to slowly lunge around the area.</li> </ol>	<b>Assessment Opportunities:</b> <ul style="list-style-type: none"> <li>• Peers, Self, Group Work, Q &amp; A’s, Observations.</li> </ul>



<b>Session Topic and Number of Participants:</b> <ul style="list-style-type: none"> <li>• Basketball Games.</li> <li>• Up to 30 Children.</li> </ul>	<b>Equipment:</b> <ul style="list-style-type: none"> <li>• Basketballs</li> <li>• Basketball Nets.</li> <li>• Cones – Variety of colours.</li> <li>• Bibs – Variety of colours.</li> </ul>
<b>Learning Outcomes:</b> <ul style="list-style-type: none"> <li>• To reinforce ball handling, shooting, passing, attacking and defending skills.</li> <li>• To learn/reinforce the different rules of basketball.</li> <li>• To participate in a full rule game of basketball.</li> </ul>	<b>Vocabulary:</b> <ul style="list-style-type: none"> <li>• Shoot, Space, Fingertips, Wrist, Head Up, Balance, Target, Run, Possession, Ball, 5v5, Direction, Area, Vision, Dribble, Pass, Move.</li> </ul>
<b>Warm Up:</b> <b>“Time Bomb”</b> <ol style="list-style-type: none"> <li>1) Children work in 5’s – one ball per group, passing and moving in a specified area as fast and controlled as possible for a specified time. Whoever has the ball when the time stops is out.</li> <li>2) Same exercise as 1, but this time increase the distance the children must pass over.</li> <li>3) Same exercise as 1, but this time, decrease the specified time.</li> </ol>	<b>Differentiation:</b> <b>“Easier”</b> <ol style="list-style-type: none"> <li>1) Decrease the speed of movement.</li> <li>2) Stick to bounce passing only.</li> <li>3) Increase the time limit.</li> </ol> <b>“Harder”</b> <ol style="list-style-type: none"> <li>1) Increase speed.</li> <li>2) Stick to chest passing only.</li> <li>3) Introduce a time limit of holding the ball.</li> </ol>
<b>Main Content:</b> <b>“Playing the Game”</b> <ol style="list-style-type: none"> <li>1) Discuss the ‘Travelling’ rule.</li> <li>2) Discuss the ‘Double Dribble’ rule.</li> <li>3) Discuss the ‘Carrying’ rule.</li> <li>4) Discuss the ‘Back Court’ rule.</li> <li>5) Discuss the ‘3-Second’ rule.</li> <li>6) Discuss the ‘5-Second’ and ‘8-Second’ rules.</li> <li>7) Discuss the ‘24-Second’ rule.</li> <li>8) Discuss the ‘Contact’ rule.</li> <li>9) 5 v 5 Tournament – As close to full rules as possible.</li> </ol>	<b>Differentiation:</b> <b>“Easier”</b> <ol style="list-style-type: none"> <li>1) Stick to bounce passing only.</li> <li>2) Player holding the ball can’t move.</li> <li>3) Allow children to double dribble.</li> <li>4) Don’t allow stealing of the ball.</li> </ol> <b>“Harder”</b> <ol style="list-style-type: none"> <li>1) Increase speed.</li> <li>2) Stick to chest passing only.</li> <li>3) Introduce so many passes before a score.</li> <li>4) Everyone must touch the ball before a score.</li> </ol>
<b>Cool Down:</b> <b>“Pop-the-Bubble”</b> <ol style="list-style-type: none"> <li>1) Children take it in turns to shoot at the basket. If they score they go to the back of the line. If they miss they go in the ‘bubble’. If the next child scores the bubble ‘pops’ and they are out. If the next child misses they take their place in the bubble and the first child goes to the back of the line, etc. Last child remaining wins.</li> </ol>	<b>Assessment Opportunities:</b> <ul style="list-style-type: none"> <li>• Peers, Self, Group Work, Q &amp; A’s, Observations.</li> </ul>

