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| **Lesson 1:** Throwing and catching  Lesson #1: Doncaster Elementary School. Unit: Basketball. Teachers: Matt & Charlotte  **Grade:** 4/5  **Equipment:** 8x large hoops, 24 small cones, 15+ soft balls  **Space:** Full gym  **Time:** 1349 – 1419 (30 minutes) | **Learning Outcomes: TSWBAT…**   * Explain the importance of stepping in to a pass * Describe and follow the rules of a game as outlined * Throw and catch different types of passes while stationary and on the move * Work co-operatively with a partner/team to score | | |
| **Parts of the lesson**  **Introduction (2 minutes)**  **Game #1 (warm up) (6 minutes)**  Pair pass  Partners pass to each other across space to reach a hoop. One of the pair must be standing in the hoop when passed to in order to score. | | **Organization** | **Teaching points**  - Names, Unit plan (basketball)  - Short passes are better  - Cannot score in the same hoop twice in a row  - Requires talking/communication |
| **Progression #1**  Passing across lines  Standing opposite their partners, throw a chest pass across the distance of one set of lines. Aim is to send and receive the ball successfully 10 times before increasing the space between partners | |  | - Step into the pass for power  - Determine what is too soft and what is too hard  - Receive and pull the ball in to the body with two hands |
| **Game #2**  End ball  In small teams. Aim is to score in the end zone by passing the ball to a team mate who is within the confines of the end zone. Player cannot move with the ball. Ball out of bounds = turn over. | |  | - Look for passes from team mates by getting in to space  - short, appropriately weighted passes  - short pass > long pass |
| **Progression #2**  Stop/go/throw  Leader (A) tries to evade follower (B) by moving fast, slow, and changing directions. When whistle blows A must stop and throw the ball back over the head (softly) and B tries to catch it. | |  | - play to challenge during chase portion  - play to co-operate during throw and catch portion  - change of pace and direction to evade  - high throw makes it easier to catch the ball (time)  - get underneath the ball and pull it in to the body |
| **Game #3**  End ball #2  As above but should see improvement | |  | - Movement off the ball should be better, evading defender and finding space |

Lesson #2: Doncaster Elementary School. Unit: Basketball. Teachers: Matt

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| **Lesson 2:** Dribbling/Endball  **Grade:** 4/5  **Equipment:** 24 small cones, 28 basketballs  **Space:** Full gym  **Time:** 1349 – 1419 (30 minutes) | **Learning Outcomes: TSWBAT…**   * Explain the importance of using finger tips not palm * Describe and follow the rules of a game as outlined * Vary the types of dribbles, high/low etc. * Work co-operatively with a partner/team to score (endball) | | |
| **Parts of the lesson**  **Introduction (2 minutes)**  Overview of skills learnt last day  **Game #1 (warm up) (10 minutes)**  Dribbling exercises, crossovers, sitting dribbling, left and right hand, protecting the basketball | | **Organization**  **Teacher Oriented- Have students in staggered lines with teacher at front.** | **Teaching points**  - Names, Unit plan (basketball)  - Use figure tips  - Use off arm to protect the ball  - If you lose the ball it means you’re getting better!  - Low base of support |
| **Progression #1**  Guarding the ball   * Put their dribbling in to practice and have the students dribble around (head up) and try to knock away other students balls while protecting their own | | Scattered Organization | - Keep off hand strong  - Keep head up  - Do not hit or push the opponent  - Be aware of your surroundings |
| **Game #2**  End ball  In small teams. Aim is to score in the end zone by passing the ball to a team mate who is within the confines of the end zone. Player can dribble ball max of 3 times. Ball out of bounds = turn over. | | 3 Courts, 4-5 a side. | - Keep head up when dribbling  - Look to get open  - Cannot dribble in to end-zone |
| **Progression #2**  Dribbling Relays   * Have 4 groups of 7 players in a line and the goal is to maintain control of your dribble at a fast pace, trying to go to the wall and back then handing the ball off to teammate. | | 4 lines, groups of 7, straight line, single file. | - keep head up  - cheer for your team  - maintain control  - sit down when finished |
| **Game #3**  End ball #2  As above but should see improvement | | 3 Courts, 4-5 a side. | - Movement off the ball should be better, and handling of the ball. |

I GAVE UP WITH THE STUPID FORMATTING OF THE BOXES! SORRY!

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| **Lesson 3:** Shooting and game play  **Grade:** 4/5  **Equipment:** basketballs, cones,  **Space:** Full gym  **Time:** 1349 – 1419 (30 minutes) | **Learning Outcomes: TSWBAT…**   * Explain the target when shooting from different angles * Describe and follow the rules of a game as outlined * Throw and catch different types of passes while on the move * Work co-operatively with a partner/team to score | | |
| **Parts of the lesson**  **Introduction (2 minutes)**  **Game #1 (warm up) (6 minutes)**  1 on 1 play  In pairs play games between all of the available hoops. Aim: to score in any basket, to only move by dribbling, to intercept or tackle the person with the ball. If a goal is scored the ball goes to the defender. | | **Organization** | **Teaching points**  - Clarification of the last class  - Play freely, acting as their own referees.  - Should all be moving continuously  - cover, guard, mark, base |
| **Progression #1**  4 corner square  3 players stand at cones, person in the middle starts with the ball. 4th player acts a defender. 3 pass the ball between each other, person who did not pass OR receive moves to the free cone, so that the person with the ball always has 2 outlets. Change defender every 2 minutes. | |  | - Short passes are better  - Must always be moving, faster to the cone is better option for ball  - Requires talking/communication – i.e hand signals  - defender must guard open space OR player (determine best choice) |
| **Progression #2**  5 star shooting  In small groups around a basket. Aim is to score in the basket from each marked spot around the basket. Must score in each spot before moving on to the next.  *Alternate: Playing in pairs – have 5 chances to score at each spot. Gain 1 point for each basket. Winner has the most points after shooting at the last spot.* | |  | - Extend arms, flex wrists  - Should release the ball above the head  - Aim for the corner of the square on the back board when shooting from the side  - Shooting from the front aim for the top centre of the square on the backboard. |
| **Game**  2 vs 2 game play  Pairs have space around one basket, determined by cones (about half court). Play within the space, passing and shooting. If the ball is turned over it must be brought to half court (cones) before driving to the net. | |  | - Play to challenge  - Defenders should be guarding space and players  - Attackers should move to space to provide an outlet  - Communication between players  - Should be able to shoot from different positions |