

Medium Term Learning Plan

Year/Group: KS3/ 4

 Course: **Basketball**

About the unit	Assessment Focus
This unit covers Basketball from the basic skills and introduction to the sport through passing through passing and dribbling, to the more advanced skills such as set shots and lay ups.	NC levels/ Exam specification Beginners levels: 1-3 Skill Builders levels: 3-5 Advanced levels: 5-8
Key Content to be covered	Expected Learning Outcomes
Basic rules, techniques, types of shots, types of passes, offensive play, defensive play, tactics, skill analysis, competitive tournaments.	By the end of this scheme students will be able to: <ul style="list-style-type: none"> • Dribble a basketball in a game or mini game situation. • Use a variety of passing and receiving in a game situation • Shoot in a game situation • Use pivots • Apply basic rules of basketball
Key Skills to be developed	Key Assessment Points (evidence)
Ready position Dribbling rules- double dribble, travelling , carrying Passing – chest, bounce, loop , javelin Shooting , jump shots Lay ups Fouls	Level 3 – Has correct ready position. Can pass short distances. Has difficulty catching and receiving the ball. Starts to understand basic rules. May need change in rules to allow practice to flow initially.

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Offensive and defensive play	<p>Level 5 – Has good court awareness , starts to select correct shots and passes at the right time. Knows how to apply most rules. Starts to understand zonal areas of the court.</p> <p>Level 8 - Can play all shots mostly with the correct technique and is able to use a variety of tactics. Is beginning to try and ‘mask’ which shot he/she is going to play – deceptively. Is beginning to cover the court during mini games and full games. Is secure in his/her knowledge of scoring.</p>
Language for Learning	Links to EBD/ personal, social and emotional needs
Correct shot names, Basic referee laws- double dribble, travelling , back court violation - 8 seconds to bring ball from back court to front court Scoring system	L1 - Is attentive and has an interest in school work. L4 - Works efficiently in a group/team. C3 - Only interrupts and seeks attention appropriately. C4 - Is physically and verbally peaceable. C5 - Respects property/equipment. E5 - Is emotionally stable and shows self-control.

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Session	Learning Objectives	Content to be covered	Suggested Pedagogy/Teaching Activities	Learning Outcomes (Assessment descriptors for this lesson)
1	Dribble a basketball	Pupils will cover how to dribble and when to guard and shield the ball while dribbling	<p><u>Cover key teaching points</u> :</p> <ul style="list-style-type: none"> • Bounce ball to waist height • Head up • Bounce ball in front when moving at speed • Keep control of the ball when switching hands • Bend knees when changing direction • Use of individual skill – fake, through legs , behind body <p>Dribble relays – in out of cones- progress to cone on head to keep head up</p>	<p>By the end of the session, pupils will be able to dribble a basketball in a game or mini game situation.</p> <p>Most will be able to dribble with their dominant hand.</p> <p>Some will be able to switch and use both hands to dribble.</p> <p>*Analysis sheets optional</p>

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			<p>Duos, pairs – A dribble in space , B follows – Blow whistle A sprint away , B catch</p> <p>Mini game , - when dribble only allowed 3 bounces – drive forward toward basket- bounce ball in front</p> <p>*Analysis sheets optional</p>	
<p>2</p>	<p>Pass the basketball using the chest pass and bounce pass techniques</p>	<p>Pupils know to select and execute the correct pass at the right time in a game scenario.</p>	<p>Passing drills, chest, bounce pass 2s & 3s - progress by bring in defender to intercept- progress piggy in middle</p> <p>3s & 4s in grid pass move into space Mini game 3 passes before you can score</p>	<p>By the end of the lesson pupils will be able to perform a chest pass and bounce pass in a game scenario.</p> <p>Most will pass accurately but need to develop consistency.</p> <p>Some will pass consistently with precision.</p>

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3	<p>Receive the basketball</p>	<p>Pupils to learn correct technique when receiving the ball, while developing their ball handling skills from a front pass or while turning.</p>	<p>Key teaching points :</p> <p>Ready position- bent knees , open hands in front of chest, bent elbows</p> <ul style="list-style-type: none"> • Watch the ball into your hands • Do not point your fingers directly at the ball • Use "soft" hands - cushion the ball using relaxed hands, wrist, elbow, and shoulder <p>Passing and catching drills 2v2</p> <p>3v2 – piggy in the middle</p> <p>Ready position -Overhead catch, below waist, chest height</p>	<p>By the end of the lesson pupils will be able to perform the two main catches in basketball: the two-handed (both hands contact the ball simultaneously- Most pupils</p> <p>The block and tuck method (one hand contacts the ball, followed immediately by the other- Some pupils</p>
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4	Shoot the ball	<p>Pupils will learn correct technique when shooting a basketball, including shot selection in a game scenario.</p>	<p>Set shot – BEEF –(Balance, eyes, elbow, follow through) 3 shot from free throw Vary distance and angles, Game of killer 3 lives each</p> <p>4v 4 small game – shoot in order – each person shoot at basket – same person scores twice in row it doesn't count</p>	<p>By the end of the lesson pupils will be able to shoot towards the basket with varying distance and angles.</p> <p>Most pupils will succeed closer and in front of the basket.</p> <p>Some pupils will shoot more consistently scoring baskets and will do so from further out and different angles.</p>
5	Pivot	<p>Pupils to know how to select and execute front pivot, inside pivot, step through.</p>	<p><u>Key teaching points:</u></p> <p>With the front and inside pivot, have players make a full 180 degree pivot and maintain good balance. Then make the pass.</p>	<p>By the end of the lesson pupils will be able to pivot effectively using the correct pivot at the right time in the game scenario. Most will pivot with some success but need to develop consistency.</p>

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			<p>- Both feet should hit the floor at same time on the jump stop. Keep knees bent (in good athletic position) on all pivots.</p> <p><u>Drill</u></p> <p>Partners line up on the sideline. First player in line has a ball.</p> <p>Dribble 10-20 feet, jump stop, and execute the prescribed pivot (ex: front pivot). Frame 1</p> <p>After completing the pivot, pass the ball back to your partner. Frame 2</p> <p>Passer then cuts back to the starting position. At the same time, the receiver dribbles 10-20 feet, jump</p>	<p>Some will pivot consistently and successfully in a game scenario.</p>
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			<p>stops, and executes the prescribed pivot.</p> <p>The process repeats for desired number of repetitions or duration.</p>	
6	The basic rules of basketball	<p>Rules for the offense</p> <p>The basketball team on offense is the team with the basketball. When a player has the basketball there are certain rules they must follow:</p> <p>1) The player must bounce, or dribble, the ball with one hand while moving both feet. If, at any time, both hands touch the ball or the player stops dribbling, the player must only move</p>	<p>In a mini tournament , each player takes a turn to referee with the help of a resource cards for hand signals- 2 mins each</p>	<p>By the end of the lesson pupils will be able to apply the basic rules of a basketball game.</p> <p>Most will be consistent in basic rules.</p> <p>Some will be very consistent and will be able to referee a peer game competently.</p>

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		<p>one foot. The foot that is stationary is called the pivot foot.</p> <p>2) The basketball player can only take one turn at dribbling. In other words, once a player has stopped dribbling they cannot start another dribble. A player who starts dribbling again is called for a double-dribbling violation and loses the basketball to the other team. A player can only start another dribble after another player from either team touches or gains control of the basketball. This is usually after a shot or pass.</p> <p>3) The ball must stay in bounds. If the offensive team loses the ball out of</p>		
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		<p>bounds the other team gets control of the basketball.</p> <p>4) The players hand must be on top of the ball while dribbling. If they touch the bottom of the basketball while dribbling and continue to dribble this is called carrying the ball and the player will lose the ball to the other team.</p> <p>5) Once the offensive team crosses half court, they may not go back into the backcourt. This is called a backcourt violation. If the defensive team knocks the ball into the backcourt, then the offensive team can recover the ball legally.</p>		
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		<p>Defensive Rules</p> <p>The team on defence is the team without the basketball.</p> <p>1) The main rule for the defensive player is not to foul. A foul is described as gaining an unfair advantage through physical contact. There is some interpretation that has to be made by the referee, but, in general, the defensive player may not touch the offensive player in a way that causes the offensive player to lose the ball or miss a shot.</p>		
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7	Overhead and javelin passing techniques	Pupils know to select and execute the correct pass at the right time in a game scenario.	<p>Passing drills, shoulder/javelin, overhead pass 2s & 3s - progress by bring in defender to intercept-progress piggy in middle</p> <p>3s & 4s in grid pass move into space Mini game 3 passes before you can score</p>	By the end of the lesson pupils will be able to perform an overhead pass and javelin pass in a game scenario.
8	Playing a game of basketball, applying the learned skills.	Assessment of leaned skills from unit	Small-sided games or mini tournament competition. Teacher and peers can use assessment sheets to grade and feedback to learners.	By the end of the lesson pupils will be able to play and compete in a game of basketball.