

Physical Education Scheme of Work

Year: 7

Activity: Basketball

Weeks: 6

Aim of the Unit:

In this unit pupils focus on how to use basic principles of attack and defence to plan strategy and tactics for basketball. They work on improving the quality of their skills using various techniques. In all games activities, pupils think about how to use skills, strategies and tactics to outwit the opposition.

Prior Learning:

It is helpful if the pupils have:

- Learnt the basic principles of attack and defence.
- Worked in small teams to plan how to play
- Taken different roles in some games, including attacker and defender

Used and kept rules and conventions for games

Expectations by the end of the Unit:

Most pupils will: choose and use combinations of skills with confidence, accuracy and consistent quality in most of the games they play; use a sound understanding of the principles of play when planning their approaches to games; work effectively in small teams to choose and put into practice tactics for attacking and defending; recognise and explain the importance of getting ready for games; follow appropriate warm-up routines; identify the main aspects of a good performance; recognise weaknesses; suggest how a performance could be improved

Some pupils will not have made so much progress and will: choose and use skills that suit the games they play, showing greater strengths in some of the games than others; work with others in small teams to attack and defend; take on specific roles that suit their abilities; contribute to the organisation of a team; know that they need to prepare safely for games; follow warm-up routines they are given with some care; describe what they do best; work on ideas that they are given to improve their performance

Some pupils will have progressed further and will: choose and apply complex skills and techniques that are suited to games; use these skills and techniques fluently and precisely; plan and adapt team and individual tactics, varying them as the need arises; take a leading role in teams and have a significant impact on the games played; recognise the similarity in approaches between the games and adapt ideas and approaches willingly and easily; prepare for games, devising effective warm-up routines; understand the importance of cooling down; describe quality in performance clearly and precisely; decide how to improve different aspects of performance

Extension and Enrichment:

Out of lessons, at home and in the community, pupils could be encouraged to:

- Practice skills at breaks and lunchtimes and at home
- Take part in school sport, either competitively or socially
- Join clubs in the community and/or use local facilities
- Watch live and recorded matches to appreciate high-quality performance, search the internet to find information about sports and opportunities in sport

Cross Curricular Links: Literacy (Key words, Verbal Literacy, Explanations of technique, tactics and formations) Maths (Scoring, time, distance), Citizenship (Sportsmanship, etiquette, Fair Play), Science (effects of exercise on body, lifestyle factors)

Leadership opportunities:

Pupils to be given the opportunity to lead a warm up and act as the coach throughout the drills section of the the lesson

Officiating opportunities:

Pupils to be given the opportunity to officiate the games at the end of the session without the support of the teacher

<p>Year 7 Bank of Key Words</p> <p>Biceps Triceps Pectorals Abdominals Latissimus Dorsi Hamstring Quadriceps Trapezius Deltoids Gastrocnemius Gluteals Femur Fibula Tibia Humerous Ribs Sternum Ulna Radius Clavicle Scapula Cranium Muscular Strength Muscular Endurance Flexibility Body Composition Speed</p>	<p>Activity Specific key Words</p> <p>Passing - Bounce pass - Chest pass - Overhead pass - Javelin pass Receiving Pivot Dribble Shooting - Set shot - Jump shot - Lay up Drive Attacking Defending Accuracy</p>	<p>Resources:</p> <ul style="list-style-type: none"> ➤ Basketballs ➤ Bibs ➤ Cones ➤ Access to information through ICT ➤ Information on local clubs <p>Literacy Key Words</p> <p>Positioning Demonstrates Positional Consistent Co-ordinated Maintains</p>
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Week	Learning Objectives	Success Criteria	Suggested Teaching Activities	Key Words
	<p>Ball familiarisation To be able to perform the fundamental basketball skill of ball handling. To be able to perform these in a small sided game to maintain ball possession. To develop their understanding and knowledge of the basic rules of Basketball.</p>		<p>Warm up: Student led, progressive jogging and dynamic stretching. Main Session: Handling skills. (Move ball around back, head, legs, figure of 8). Catching ball from partner. Basic dribbling + movement around court in pairs passing + receiving, must pivot when got ball. Benchball/endball game (no movement with ball) progress to small B'ball game (3 v 3 – still no dribble). Extension Tasks: Plenary Tasks: Teaching points: Control and accuracy in handling + passing. Homework Tasks:</p>	<p>All lessons start with basketball related warm-up and re-cap work of previous lesson.</p> <p>Make learning as active as possible</p> <p>Give opportunities to plan tactics</p>
	<p>Passing, receiving and outwitting an opponent. To introduce & understand where passing is used in basketball. To be able to outwit opponents with passes and angled runs. To begin to understand the need of tactical movements to invade opponents goal.</p>		<p>3s/4s in grids. Pass and move to the empty corner. How many passes in given time. Use different passes based on what situation faced with. Teaching points: Chest/bounce/overhead. Chest to chest. Aim for accuracy. Use of space to keep possession. Show movement to support player with the ball. Intro basic rules and play – Benchball. Develop into conditioned basketball game – 3 passes before you can score</p>	<p>Research rules on internet</p> <p>Video to analyse performance</p> <p>Tasks set to cater for levels of ability:</p>
	<p>Intro Dribbling & Pivoting To be able to perform the basic dribbling technique with control and accuracy. To be able to outwit opponents with the use of these skills. To be able to perform skills in a small sided game making decisions about how best to advance on opposition. To develop an understanding of the rule of travelling in Basketball.</p>		<p>Dribbling relays in pairs. Progress to in and out of cones. Work on pivoting and turn quickly to outwit opponent. Pairs; A's dribble around space with B's following. On whistle -A's sprint for 3 seconds away. B's must catch. Intro to Triple Threat Condition on game – 3 bounces only. Use in positive direction i.e. towards basket. Teaching points: waist height dribble, use fingertips, head up. Always turn into space.</p>	<p>Distance from target</p> <p>Size of practice area</p>
	<p>Intro Shooting – set shot To understand and know the benefits of types of shot. To develop their understanding and knowledge of how to execute a successful set shot. To be able to outwit opponents using learnt skills and techniques. To develop an understanding of the importance of width and playing into space in order to attack.</p>		<p>Perform set shot technique on the spot (BEEF- bend legs, elbows-45°, eyes on ring & follow through-snap wrists). 3's Shoot at basket – from free throw line. Teaching points: Concentrate on accuracy & technique. In 4's - Progress to 21 game. 1 shoots from free throw line. If miss next in line rebounds & shoots from rebound position. Keep going until a score = 1 point. Scorer takes ball to start and has set shot. Successful from free throw line = 2 points. Small Sided Game (4 vs 4).</p>	
	<p>Shooting – lay up To perform a basic lay up technique appreciating the outcome necessary. To develop their understanding and knowledge of how to outwit an opponent using appropriate shot selection. To understand and</p>		<p>In groups of 4 – 2 either side, practice both sides. Can progress to some defensive pressure. 2v2 ½ court trying to outwit opponents using skills built up. Highlight importance of ball support, width/angles, moving the ball quickly. Teaching points; Footwork, Approach-45° to basket, Aim for square, Attack at pace/drive to basket. Small Sided Game-3v3 games full court.</p>	

	<p>appreciate the need to make decisions about choice of technique and refining ideas when unsuccessful.</p>			
	<p>Assessment To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in basketball. Further development - Inter house/form basketball comp.</p>		<p>Warm up – Student led, progressive jogging and dynamic stretching. Groups of 3 – recap lay ups & set shots incorporating a pass or dribble before drive. 2 vs 2 games, progress onto 4 vs 4. King of the court – Winners up / Losers down Teacher grades against NC levels</p>	