

## Guilden Sutton Primary School KS1 Invasion Games

### Basketball.

Week of plan	Learning outcomes	Task/Activities	Equipment	Plenary
<b>Week 1</b>	<ul style="list-style-type: none"> <li>Develop throwing and catching technique.</li> <li>Improve ability to link movements.</li> <li>To know and describe short term effects of exercise on the body.</li> </ul>	Organise into pairs and ensure that each pair has a ball between two. With a tennis ball or a bean bag, allow children to pass underarm to their partner. Catch with cupped hands and little fingers together. Progress to movement with catching and throwing.	<ul style="list-style-type: none"> <li>Tennis balls</li> <li>Bean bags</li> <li>P.E kits</li> </ul>	Recap the throwing and catching techniques discussed during the lesson. Discuss the importance of working well with a partner.
<b>Week 2</b>	<ul style="list-style-type: none"> <li>Build on lesson 1 objectives</li> <li>Improve accuracy.</li> <li>Improve the quality of their throwing and catching techniques.</li> </ul>	Form a relay throwing and catching exercise using the tennis balls. Four teams, each with different colour bean bags. Relay so that each team passes along the line and all aim for the same target which will be a cone in the middle of all of the groups.	<ul style="list-style-type: none"> <li>Cones</li> <li>Bean bags</li> <li>Tennis balls</li> <li>P.E kits</li> <li>Hoops</li> </ul>	Discuss the importance of working within a team and cooperating with class members. Discuss the importance of a cool down.
<b>Week 3</b>	<ul style="list-style-type: none"> <li>Consolidate and improve the quality of throwing and catching techniques and the ability to link movements.</li> </ul>	With cones set out, pupils form relay teams where they must dodge around cones until they reach a team member. They will then pass the ball to a team member once they have called their name. Bring in a competition for the pupils.	<ul style="list-style-type: none"> <li>Cones</li> <li>Tennis balls</li> <li>P.E kits</li> <li>Hoops</li> </ul>	Discuss next week and the introduction of basketballs to the session. Recap the importance of movement after a pass.
<b>Week 4</b>	<ul style="list-style-type: none"> <li>Extend objectives from previous lessons</li> <li>Introduce basketballs</li> <li>Develop dribbling skills with the ball.</li> </ul>	Ball between two. Take it in turns to see how many times you can bounce the ball before you lose control. Pupils can add their score together for the competition. See if pupils are able to move from one point to another and how many times they can bounce the all in between each point.	<ul style="list-style-type: none"> <li>Basketballs</li> <li>Cones</li> <li>P.E kits</li> </ul>	How high do we bounce the basketball? Which part of our hand do we use?
<b>Week 5</b>	<ul style="list-style-type: none"> <li>Continue to develop dribbling techniques and skills.</li> <li>Introduce passing and catching techniques.</li> </ul>	Ball between two. Practice the technique of a chest pass and a bounce pass. Discuss the correct way to receive and pass the ball. Pupils will progress to passing the ball and then moving into a space close to their partner.	<ul style="list-style-type: none"> <li>Basketballs</li> <li>P.E kits</li> </ul>	Why is it important to move after we have passed the ball? How do we find space within an area? How do we successfully pass and receive the ball?
<b>Week 6</b>	<ul style="list-style-type: none"> <li>Exploring space more quickly.</li> <li>Become increasingly successful when passing and receiving the ball.</li> <li>Incorporate passing with dribbling and movement.</li> </ul>	In small groups, create teams. Pupils will dribble around a course At the end of the course pupils will make a bounce or chest pass to the next pupil to complete the course. Once pupils have all had a practice, create a relay competition to incorporate dribbling, passing and movement.	<ul style="list-style-type: none"> <li>Basketballs</li> <li>Cones</li> <li>P.E kits</li> </ul>	Recap the different techniques within passing and dribbling. Why do we do a warm up? Why do we do a cool down?

