

Topic- Basketball Group- KS3 Date- Autumn 2015

Theme/Focus/Key Question

Students will develop their knowledge and understanding of:
The basic skills of basketball; health and safety aspects
Components of fitness

Interventions Required

TA support for students identified as having poor motor development
Use of adapted equipment as appropriate
Identified students will spend a part of the lesson focussing on gross motor development in small groups with the TA

Weekly Plan

	Objective/ Key question	Teacher Led (An appropriate warm up will be led by staff/at the start of each session)	Individualised Learning	TA Role	AfL
Week 1	To understand the effects of exercise on heart rate and the significance of recovery time.	Q&A on cardiovascular fitness to ascertain prior knowledge.	Students measure RPR; perform light exercise; take RPR; record HR at 60 sec intervals after exercise.	Support students to find pulse and record results	Do students know: what 'CV fitness' is? How to measure HR? The significance of RPR and RT? How to develop CV fitness?
	Develop knowledge and technique of basic passing/handling	Individual drills with ball-bouncing, circling etc. Introduce basic passing and catching with demo and discussion	Unopposed 'pass and follow' drills 'Keep Ball' (10 passes) Bench Ball	Lead/umpire half group reinforcing coaching points	Can students demonstrate/ identify the best way of passing the ball
Week 2	To understand the meaning of 'agility'	Q&A on agility in sport and daily life	Students perform Illinois Agility Test	Timekeeping and recording	Do students know what is meant by 'agility' in a performance and everyday context
	Develop knowledge and technique of the chest pass	Introduce/recap basic passing with demo and discussion	Unopposed 'pass and follow' drills 'Keep Ball' (10 passes) Bench Ball	Lead/umpire half group reinforcing coaching points	Can students demonstrate/ identify good technique and use it

Week 3	<p>To understand the meaning of 'Power/explosive strength'</p> <p>Develop dribbling technique; introduce travelling and double dribble rules</p>	<p>Q&A on power and explosive strength in sport and daily life</p> <p>Introduce/recap dribbling techniques with demo and discussion</p>	<p>Students perform standing long jump</p> <p>Dribbling drills/races/slalom emphasising the use of both hands if appropriate</p> <p>Conditioned games</p>	<p>Measuring and recording</p> <p>Lead/umpire half group reinforcing coaching points</p>	<p>Do students know what is meant by 'power/explosive strength' in a performance and everyday context?</p> <p>Can students demonstrate/identify good technique and use it in context?</p>
Week 4	<p>To understand the concept of 'coordination'</p> <p>Develop/consolidate dribbling skills; introduce the pivot</p>	<p>Q&A on coordination in sport and daily life</p> <p>Introduce pivot with demo and discussion</p>	<p>Students perform American Coordination Test</p> <p>Dribble-pivot-pass drills</p> <p>2v1 keep ball</p> <p>Conditioned games</p>	<p>Measuring and recording</p> <p>Lead/umpire half group reinforcing coaching points</p>	<p>Do students know what is meant by 'coordination' in a performance and everyday context?</p> <p>Can students demonstrate/identify good technique and use it in context?</p>
Week 5	<p>To understand the concept of 'muscular endurance'</p>	<p>Q&A on muscular endurance in sport and daily life</p>	<p>Students perform maximal press ups and sit ups.</p>	<p>Measuring and recording</p>	<p>Do students know what is meant by 'muscular endurance' in a performance and</p>

	Develop 'set shot'	Introduce technique with demo and discussion	Unopposed static shooting/skill analysis/reciprocal coaching Dribble and shoot Conditioned games	Lead/umpire half group reinforcing coaching points	everyday context? Can students demonstrate/identify good technique and use it in context?
Week 6	To understand the concept of 'reaction time'	Q&A reaction time in sport and daily life	Students perform reaction time tests	Measuring and recording	Do students know what is meant by 'reaction time' in a performance and everyday context?
	Develop awareness of basic defence and attack (Assessment)	Introduce zonal concepts with discussion and demonstration.	½ court games	Lead/umpire half group reinforcing coaching points	Can students demonstrate/identify good technique and use it in context?