

Scheme of Work	Basketball
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Phase	Objective	Activities	Testing / Competition
Shooting - Set shot	<p>To be able to confidently perform with accuracy, the Set shot</p> <p>To improve K&U of the different types of shooting used in Basketball and how to confidently perform with accuracy, them <i>e.g. Set, Jump, Free-Throw, Hook, Three-point shots.</i></p> <p>To develop the pupils knowledge of the rules regarding shooting.</p> <p>To comprehend and grasp how to confidently perform with accuracy, the Set Shot</p> <p>To appreciate how to make adjustments and adaptations when shooting</p> <p>To develop the precision, control and fluency of their shooting</p> <p>To comprehend and grasp where and why the Set shot is performed in the game.</p> <p>To use strength, speed and accuracy in their shooting</p>	<p>On- your-back shooting</p> <p>1 minute dribbling to a basket and shoot. 1 shot per basket</p> <p>Wall shooting</p> <p>Pupils line up at key or close to the basket and use the Set shot.</p> <p>In pairs – A shoots, B retrieves.</p> <p>In pairs: 3 minutes A dribbles to a basket and shoot. 1 shot per person. A gets the rebound and then dribbles back to B. B then goes. Alternate shooter</p> <p>In pairs - A shoots, B retrieves. B gives feedback about the technique</p> <p>Dribble, stop, then shoot</p> <p>Pupils line up at key or close to the basket and use the Set shot.</p> <p>In pairs - A shoots, B retrieves.</p> <p>In pairs - A shoots, B retrieves. B gives feedback about the technique</p> <p>Dribble, stop, then shoot</p>	<p>1 MINUTE COMPETITION – pupils dribble around courts shooting at baskets</p> <p>In groups of 6 / 7's to see how many baskets they get in a minute</p> <p>3 v 3 GAME - Use set shots to score only</p>
	<p style="text-align: center;">Assessment</p> <p>👉 Ask pupils for feedback and analysis of shooting performances</p> <p>👁️ Assess the mistakes made</p> <p>Q & A of the different tactics used when shooting and especially when using a set shot</p> <p>👁️ Assess why they did not hit the target</p> <p>👁️ Assess the mistakes made when performing the set shot</p> <p>👉 Ask pupils for feedback and analysis of shooting performances</p> <p>Q & A of the different tactics used when shooting and especially when using a set shot</p>	<p style="text-align: center;">Theoretical PE</p> <p>Throughout the lesson, look at the need for the components of fitness needed for example coordination when performing the set shot. Other examples should be identified.</p> <ul style="list-style-type: none"> ● Balance ● Cardiovascular Endurance ● Coordination ● Flexibility ● Muscular Endurance ● Power ● Reaction time ● Strength ● Speed 	<p style="text-align: center;">Resilience</p> <p>Students must be able to learn the value of working with others for a common goal</p> <p>Students develop self-awareness about themselves</p> <p>Why is practice important in basketball?</p>

Maths	Averages of Set shots
English	Understanding the conventions of the super hero genre e.g. back story, character flaw etc.
Science	Forces
Equipment	Basketballs, Baskets, Cones / Markers, Bibs, Whistle, Stopwatch, Chalk, T.V, video,