

<b>Lesson</b> <b>5</b>	Subject: <b>Basketball</b>	Year: <b>7</b>	Group:	Total No.:	M:	F:
	Lesson: <b>Shooting - Set shot</b> NCPE Location 1.3b; 2.1a; 2.1b; 2.2c; 2.2 a; 2.2b; 2.2c; 2.2d; 2.3a; 2.3b; 2.4a; 2.4b; 2.4c; 2.4d; 3.b; 3.c; 3.d; 4a; 4b; 4c; 4d; 4e; 4f; 4g	Ability:	Period:	SEN:		
		Duration:	w/c			

### Objectives:

To be able to accurately replicate and perform the Set shot. To know and understand how to accurately replicate and perform the Set Shot. To understand and know where and why the Set shot is performed in the game.

Activity	Description	Objectives	✓	Teaching Points	Evaluation / Performance	Differentiation and Creativity
<b>Student Warm Up</b>	The pairs chosen last lesson lead the warm up	To be able to lead the group through heart raising exercises.		- listen to and follow instructions of those leading the warm-up	Observe pupils performances	① Ask students how they could make warm up easy / harder / intense
<b>Student Stretches</b>	Students arranged in a circle. Students lead through series of stretches	To understand the importance of stretching at the start of the session. To be able to demonstrate stretches relevant to Basketball		- Hold stretches for 8 seconds. - No bouncing.	<b>Q &amp; A</b> on benefits of stretching and their warm ups	⬆️ Get pupils to incorporate stretching with Objects used within Basketball
<b>Shooting - Set shot</b>	1. On- your-back shooting	To be able to accurately replicate and perform the Set shot To know and understand how to accurately replicate and perform the Set Shot		- Shooting hand behind ball, non-hand at side / underneath. - Elbow in with the ball between ear and shoulder, extending legs and elbow to shoot and the ball should come directly back	Peer evaluation sessions – Pupils state, identify and reflect on the strength and weaknesses of Shooting performances.	⬆️ Ball must come back to partners on floor
	2. Wall shooting	To improve knowledge and understanding of the different types of shooting used in Basketball and how to accurately replicate and perform them <i>e.g. Set, Jump, Free-Throw, Hook, Three-point shots.</i>		- Knees flexed and feet shoulder-width apart.	Ask pupils for feedback and analysis of shooting performances	⬆️ Increase distance with confidence. ⬇️ Decrease distances
	3. Pupils line up at key or close to the basket and use the Set shot.	To understand and know where and why the Set shot is performed in the game.		- Look at target, extend legs, shoulders and elbow to release the ball off the index finger - The arm extends, the hand points to target palm down	M/C - Q & A of the different tactics used when shooting and especially when using a set shot	⬆️ B catches ball before it bounces ⬆️ B can be a stationary defender ⬆️ B BECOMES SEMI – ACTIVE ✎ - Pupils develop, adapt and refine skills ✎ - Refine attacking skills
	4. In pairs – A shoots, B retrieves.	To develop the pupils knowledge of the rules regarding shooting. To appreciate how to make adjustments and adaptations when shooting		- Head up dribbling the ball high up at waist level - Push the ball out forwards with finger tips for several feet and run after it - USE SET SHOT ONLY		⬆️ Give time limit ⬆️ Every time you get a basket, you must increase distance ⬆️ Use weak / non – dominant hand to shoot and dribble. Cr - Pupils devise new strategies to beat opponents to enable a clear set shot
	5. In pairs - A shoots, B retrieves. B gives feedback about the technique	To use strength, speed and accuracy in their shooting				
	6. Dribble, stop, then shoot					
<b>Games</b>	7. 3 v 3 GAME  Use set shots to score only	To incorporated all previously learnt skills (fine or whole), performances, components, strategies, tactics, competence and imagination into small sided games. To understand and know how to accurately replicate and perform these skills and the laws and		- The pupils must any method to score. - They can use any type of method within the rules to advance. - They cannot go out of court in contact with the ball. - No contact allowed	Ask pupils for feedback and analysis of shooting performances	⬆️ Every pupil must touch the ball before the team scores. ⬆️ Every player must touch the ball before they can shoot and score ⬆️ No dribbling ⬆️ Can only take two steps with ball ⬆️ Set shot only ⬇️ Decrease the size of the court

		regulations of these in Basketball. To be accurate and precise in their shooting within games				
<b>Cool Down</b>	The 2 students chosen to lead the cool down do so	To understand why you Cool Down and do rhythmical movement after exercise		- listen to and follow instructions of those leading the cool down - complete exercises and stretches	Ask students for feedback regarding their performances	↑ Ask pupils questions why a Cool down is essential after exercise
<b>Informed Choices and Lifestyle</b>	Discuss the benefits of joining a Basketball club and playing Basketball regularly					
<b>Equipment</b>	Basketballs, Baskets, Cones / Markers, Bibs, Whistle, Stopwatch, Chalk, Peer evaluation Sheets					

ICT	Assessment	Citizenship	Peer Evaluation	Literacy	Numeracy	Pupil planning		
Analysis of perf.	Evaluation	Feedback	Q & A	Mathematics	Art	English	Science	Technology

**Comments / Notes:**

### HEALTH AND SAFETY THROUGHOUT THIS LESSON

Gum-shields can be worn. - Instruct tell pupils that there must be NO CONTACT ALLOWED  
 - Always - check the working areas and equipment used with the session is safe to use - Stretch muscles thoroughly when stretching  
 - Clearly instruct that the pupils must keep their heads up and eyes open at all times. - Space group out when dribbling

### ADDITIONAL COMMENTS FOR LESSON, SCHEME AND PLANNING DEVELOPMENT

<b>Competence</b>	<b>Performance</b>	<b>Creativity</b>	<b>Health and Active Lifestyle</b>
<b>Developing Skills</b>	<b>Making and Applying</b>	<b>Physical and Mental Capacity</b>	<b>Evaluating and Improving</b>