

	Subject: <b>Basketball</b> Moving with the ball	Year:	Group:	Total No.:	M:	F:
	Lesson: <b>Fast break</b>	Ability:	Period:	SEN:		
	Competitive Lesson	Duration:	w/c			

**Objectives:** To further develop their performance of a fast break, and their knowledge of where a fast is used in Basketball. To develop their knowledge and understanding of the roles and responsibilities of each player involved in a fast break to outwit the opponents when moving with the ball. To be able to perform the skills involved in performing the fast break to outwit the opponents and opposing team to create a scoring opportunity

<b>Key Aspect of Transfers of Skills and Analysis</b>	Throughout every aspect of this session : <ul style="list-style-type: none"> <li>- Discuss and analyse the different types of moving with a ball, dribbling, and breaking fast to beat / outwit an opponent in Football, Hockey, and Basketball</li> <li>- Identify the similarities and the teaching points found in each of these skills to gain ascendancy and outwit when performing them</li> <li>- Enhance knowledge, understanding and be ability to transfer the movement with the ball skills, tactics and approaches to gain ascendancy in practices and games</li> </ul>
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Activity	Description	Objectives	J	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	Observe pupils performances	① Ask students how they could make warm up easy
<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.		- Hold stretches for 8 seconds. - No bouncing.	<b>Q &amp; A</b> on benefits of stretching	☒ Get pupils to incorporate stretching with Objects used within Basketball
<b>Fast break</b>	1. From re-bounds the pupils perform continuous Fast Break in 3's to lay - ups <ul style="list-style-type: none"> <li>- fast break</li> <li>- weave</li> <li>- long pass</li> </ul>	To further develop their performance of a fast break, and their knowledge of where a fast is used in Basketball to outwit defenders To develop their knowledge and understanding of the roles and responsibilities of each player involved in a fast break to outwit the opponents when moving with the ball		- Pass ball using chest pass and follow pass - Cannot travel with ball - Passes are made quickly - Move forward when not in control of ball - perform a lay – up at basket	Video performances and analyse each fast break  M/C – Pupils highlight and explain the strategies used in the fast break and the roles of players  M/C- Pupils produce tactics and attacking strategies from the fast breaks	☒ Use weak / non – dominant hand to shoot and dribble on. Improve their technique and ability to drive to the basket using both hands * NON PARTICIPANTS VIDEO PERFORMANCES. PEER EVALUATION OF BREAKS
	2. 4 ATT V 1 DEF on Fast break	To be able to perform the skills involved in performing the fast break to outwit the opponents and opposing team to create a scoring opportunity		- Defenders try and intercept the ball Attackers dribble at defender		☒ Increase defenders ☒ Decrease defenders ☒ Decrease court size
	3. 3 on 2 continuously for 2 minutes <ul style="list-style-type: none"> <li>- Discuss the skills used to beat / outwit an opponent</li> <li>- Discuss the skills used to gain ascendancy</li> <li>- Discuss how performers can use varying skills to outwit opponents</li> </ul>	To be able to develop the consistency with which they use and perform the fast breaks with precision, control and fluency to gain an ascendancy over the opponent. To use creativity to design original and effective plans that improve their own and others fast breaks to gain an ascendancy over the opposing team. To be able to know and understand how to outwit an opponents To be able to outwit an opponent when performing To identify and solve problems to overcome challenges		- Take defender away and pass to team mate in space - Attackers must use angled running to get away from defenders and into space - Advance as quickly as possible	- Discuss and evaluate how they outwit the opponent from using these skills  - Discuss and evaluate how other skills can help the progress and outwit defenders within numerous situations  ??? Are the students gaining ascendancy when moving with the ball?  ??? Are the students getting into scoring positions?	☒ - Pupils devise strategies and skills to improve performance  ☒ - Pupils discuss how to gain an advantage over competitors  ☒ - Pupils devise strategies to enhance these skills

<b>Games</b>	5 V 5 GAME – Full court - 1 REF Pupils must try to get into 2 v 1, 3 v 1, 4 v 1, 3 v 2, situations - Discuss the tactics used to outwit teams within games	To learn how to play Basketball under a competitive environment To incorporate the tactics used to break down defences To be able to perform and incorporate the fast breaks in competitive environments To outwit the opponents when performing the movement and dribbling skills To use a variety of dribbling and movement skills to out wit the defenders / opponents To be creative when attacking, moving with the ball and advancing in the game	- They can use any type of method within the rules to advance. - They cannot go out of court in contact with ball. - No contact allowed - Attack space - Create overlaps - Create 2 v1 at all times - Use width and space - Disguise movements, skills and dummies - They must constantly look to outwit the defenders when dribbling and moving with the ball from various areas and positions - They must work as a unit and try to be creative to outwit the opponents and opposing team to create a scoring opportunity	Evaluate fast breaks within the game situations <b>M/C</b> – Pupils analyse tactics and strategies used in Offence and Defence <b>M/C</b> - Evaluate performances of outwitting opponents in Offence and Defence	☒ Double points for scoring using a fast break or a weave Cr – Start every aspect with a fast break and add in delayed defence ☒ - Discuss the influential strategies and tactics used to beat opponents - Discuss, observe, evaluate and listen to the student’s feedback of how you transfer these movement skills when outwitting the opponents and defenders - Observe, evaluate and listen to the students feedback of how creative these movement and dribbling skills when outwitting the opponents and defenders
<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	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 different types of training methods available for a Basketball player Discuss SMART principles for Basketball players Discuss the benefits of exercising for 30 minutes a day by playing Basketball Discuss the short and long term effects of training on Basketball players State the different types of Somatotypes found in Basketball
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**Equipment** Basketballs, Baskets, Cones / Markers, Bibs, Whistle, Stopwatch, Chalk, Peer evaluation Sheets, TV, Video, Camera, Digital Camera

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**

- Check the working areas and equipment used with the session is safe to use - Re-Check that the Baskets are safe to use and pass safety requirements.  
- Stretch muscles thoroughly when stretching - NO CONTACT ALLOWED - must keep eyes open and looking up at all times