

# Primary School PE Lesson Plan

## Technical

Push the ball into the ground, extend your arm and snap your wrists

Shield the ball from defenders with your body and non-dribbling hand.

Keep your head up and your eyes on the game. Don't look at the ball

## Social

To play, practice and participate in a whole group activity.

Confidently contribute to whole group problem solving reflections

Contribute equally to the session in both roles as a defender and attacker

## Term / Week

### Topic

Basketball

### Teacher

JCPE

## Class / Year

## Physical

**Agility** - Quick zig-zag movement to evade defenders

**Balance** - controlled fast movements to unbalance the defender

**Coordination** - controlled movement of the ball and successful evading

## Psychological

Maintain a high level of concentration and keep your eyes fixed on the game. Look away from the ball.

Problem solving skill to evade the jail and defenders

Increasing self evaluation skills

## Practice Spectrum

### Problem Solving -

To allow the environment and children to teach. Teacher to support collaboration and idea discovery.

## Who

Attacker

## What

Identify space, dribble / run with the ball to evade.

## Where

Scenario practice - losing a defender in a tight area.

# Design

## Differentiation

### Space

- + length and width of area
- + shape of pitch
- Space within the Circle.

### Task

Add goals for attackers to travel too instead of whole area.

Escape and Return to the middle.

### Equipment

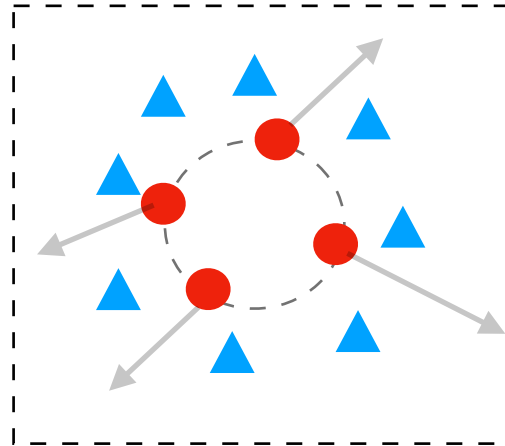
-/+ Size of the ball

Static defenders (cones) beyond the first line of defenders.

### People

Overload (defenders or attackers)

1 ball between two players.



### Skill Practice:

team runs around the inside of the circle clockwise. As the coach yells "Jailbreak," the players in the inner circle evade the "static defenders". Players should practice close control when close to the static defenders but explode away when in space and move towards targeted area.

### Game Practice:

One team runs around the inside of the circle clockwise, and the other team runs around the outside of the circle anti-clockwise. As the coach yells "Jailbreak," The players in the inner circle rush to the 10m x 10m square on the outside. Defenders should tag to 'catch' players. Teams swap roles each turn and a point is scored for person who passes the square with FULL control of their ball.

