Invasion games- Basketball KS3

- Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games
- Analyse performances compared to previous ones and demonstrate improvement to achieve personal best.
- Take part in competitive sports and activities outside school through community links or sports clubs

Objectives of the Unit:

Outwitting an opponent: Pupils will develop the ability to outwit opponents and teams using strategies and tactics. Pupils will learn to combine and perform more basketball skills consistently applying accuracy and high quality replication of technique. Continual development and refinement of skills will contribute to producing an improved performance & technique.	**Developing Physical and Mental Capacity** Physical warm ups aid as a useful fitness tool in developing a pupils physical capacity. Develop knowledge of the major rules and laws involved in Basketball. Use basketball to develop observation skills on peer performances, skills and techniques. Ask questions about the effectiveness of these tactics.	**Developing Skills/Performance** Pupils will develop the fundamental principles of play when selecting and applying tactics for defending and attacking. Passing, Receiving, outwitting defenders, Dribbling, and shooting will be developed through small sided games and conditional situations. Demonstrating high quality performances and accurate replication will be assessed.
Making and Applying Decisions Pupils will be constantly faced with strategic and tactical decisions based on movement of the ball into space and choice of skill execution. Opportunities to referee/coach pupils or small groups will develop communication and decision making skills. Opportunities to referee/coach pupils or small groups will develop communication and decision making skills.	**Making Informed Choices About Healthy, Active Lifestyle** Develop a deeper understanding of stretches for all major muscle groups and those specific to basketball. Suggest any basketball clubs within the school timetable and promote community links. Discuss the benefits of being healthy and living an active lifestyle both at school and post 16.	**Evaluating and Improving** Be able to understand the concept of basketball and make effective evaluations of strengths and weaknesses of performance. Appropriate questioning on teaching points of the skills and processes developed. Observation and peer assessment. Pupils will develop capacity to self-assess, assess others and to coach.

Cross Curricular Links: **Literacy:** C4TEEP: Key word, group discussions, small white boards, written answers, work of the week, structuring sentences to answer questions. **Maths:** Scoring, statistics, measurements, heart rates/pule rates. **ICT:** Photographic/video feedback, performance analysis software.	**Assessment:** Q & A Formative and summative assessment. Students assessment booklets Assessment criteria- name matching Verbal feedback

Extension & Enrichment

Out of lessons, at home and in the community, pupils could be encouraged to:

- practice skills at home
- take part in school sport, either competitively or socially
- join clubs in the community and/or use local facilities
- watch live and recorded matches, to appreciate high-quality performance
- make up games that focus on improving technique and fitness
- read rule books and sports reports in newspapers and magazines

BRONZE LESSONS

Attacking/Outwitting an opponent.

- To be able to perform passing, receiving, dribbling, shooting techniques to outwit opposition.
- To be able to perform a combination of these skills in a small sided game with success.
- To understand and develop knowledge of required fitness and diet required to sustain a good basketball performance.

Task examples

- Warm up – Student led, progressive jogging and dynamic stretching.
- Handling skills. (Move ball around back, head, legs, figure of 8).
- Catching ball from partner.
- Basic dribbling + movement around court in pairs passing + receiving, must pivot when got ball.
- Teaching points: Control and accuracy in handling + passing.
- Benchballl/endball game (no movement with ball) progress to small B'ball game (3 v 3 – still no dribble).

Passing, receiving and outwitting an opponent.

- To introduce & understand where passing is used in basketball.
- To be able to outwit opponents with passes and angled runs.
- To begin to understand the need of tactical movements to invade opponents goal.

Task examples

- 3s/4s in grids.
- Pass and move to the empty corner.
- How many passes in given time.
- Use different passes based on what situation faced with.
- Teaching points: Chest/bounce/overhead. Chest to chest. Aim for accuracy.
- Use of space to keep possession.
- Show movement to support player with the ball.
- Intro basic rules and play – Benchball.
- Develop into conditioned basketball game – 3 passes before you can score

Intro Dribbling & Pivoting

- To be able to perform the basic dribbling technique with control and accuracy.
- To be able to outwit opponents with the use of these skills.
- To be able to perform skills in a small sided game making decisions about how best to advance on opposition.
- To develop an understanding of the rule of travelling in Basketball.

Task examples

- Dribbling relays in pairs.
- Progress to in and out of cones.
- Work on pivoting and turn quickly to outwit opponent.
- Pairs; A's dribble around space with B's following.
- On whistle -A's sprint for 3 seconds away. B's must catch. Intro to Triple Threat
- Condition on game – 3 bounces only. Use in positive direction i.e. towards basket.
- Teaching points: waist height dribble, use fingertips, head up. Always turn into space.

Intro Shooting – set shot

- To understand and know the benefits of types of shot.
- To develop their understanding and knowledge of how to execute a successful set shot.
- To be able to outwit opponents using learnt skills and techniques.
- To develop an understanding of the importance of width and playing into space in order to attack.

Task examples

- In 3's – warm up with a game of 21.
- In 3's, perform 3 man weave.
- Start of bass line and walk through. Progress to sprint gradually.
- Develop into 2 vs 1, once reach half way line pupil with ball places it down + becomes defender, 2 attackers drive at basket.
- Finish play with lay – ups.
- Small Sided Game (5 vs 5).

Shooting – lay up

- To perform a basic lay up technique appreciating the outcome necessary.
- To develop their understanding and knowledge of how to outwit an opponent using appropriate shot selection.
- To understand and appreciate the need to make decisions about choice of technique and refining ideas when unsuccessful.

Task examples

- In small groups (4's); develop methods of attack.
- Angled runs, positioning, post up ideas.
- Use strengths of individuals on your team + highlight weaknesses.
- 3's play killer game. A's shoot first B's go straight after and attempt to score before to knock out A.
- If A scores first pass to C. 2v2 ½ court trying to outwit opponents using learnt techniques.
- Small Sided Game-3v3 games full court. 1 referee + scorer.

Assessment

- To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques.
- To accurately replicate actions and sequences.
- To show their knowledge and understanding of the rules in basketball.
- Further development - Inter house/form basketball comp.

Task examples

- Warm up – Student led, progressive jogging and dynamic stretching.
- Groups of 3 – recap lay ups & set shots incorporating a pass or dribble before drive.
- 2 vs 2 games, progress onto 4 vs 4.
- King of the court – Winners up / Losers down
- Teacher grades against assessment criteria.

SILVER LESSONS

Attacking/Outwitting an opponent.

- To be able to perform passing, receiving, dribbling, shooting techniques to outwit opposition.
- To be able to perform a combination of these skills in a small sided game with success.
- To understand and develop knowledge of required fitness and diet required to sustain a good basketball performance.

Task examples

- Warm up – Student led, progressive jogging and dynamic stretching.
- Starter = game of endball.
- Recap basic techniques- handling skills, passing + receiving effectively.
- Pupils investigate the best ways of passing to attack.
- Pupils develop analytical skills. Use of 3 bounces to dribble? Positive motion towards basket with 3 bounces.
- Use of triple threat? - Shoot, pass or dribble.
- Small sided game (3 v 3)

Develop shooting – lay up

- To perform and accurately replicate a range of lay-up variations to outwit opponents.
- To understand the need of tactical movements and strategies to invade opponents half.
- To perform the non-dominant lay up and make decisions about choice of techniques in each situations.

Task examples

- Warm up basic skills. Relay – using control and speed while dribbling. Intro - cross over, behind back and in and out of cones.
- All in large square last man standing.
- Must protect ball while trying to tap opponent's ball out.
- Progress to 1 v 1 on a basket. How can you outwit an opponent? Drive, fake, body positioning.
- Small games: 4 v 4.

Defence – Defending Skills/

- To be able to outwit opponents with the use of defending skills. *i.e. interception, strip, side step*.
- To be able to perform skills in a small sided game making decisions about how best to stop opposition.
- To develop an understanding about rebounding and accurately replicate.
- To develop knowledge of basketball rules (i.e. contact)

Task examples

- Warm up – Shadow dribbling.
- B's follow A's Dribbling, must always stay arm length away but never make contact.
- Progress to trying to strip ball legally. What makes legally? Discuss.
- 1 v 1, 2 v 2- intro man on man defence.
- Anticipate rebounds.
- Teaching points: Jump straight up, no contact, positioning to the basket (box out).
- 3 v 3,– man on man defence – call out person marking at all time.

Recap Shooting – set shot, lay up

- To understand and know the benefits of types of shots.
- To develop their understanding and knowledge of how to execute a successful set shot.
- To be able to outwit opponents using learnt skills and techniques.
- To develop an understanding of the importance of width and playing into space in order to attack.

Task examples

- Perform set shot technique on the spot (BEEF- bend legs, elbows-45^{o}, eyes on ring & follow through-snap wrists).
- 3's Shoot at basket – from free throw line. Teaching points: Concentrate on accuracy & technique.
- In 4's - Progress to 21 game. 1 shoots from free throw line.
- If miss next in line rebounds & shoots from rebound position. Keep going until a score = 1 point. Scorer takes ball to start and has set shot. Successful from free throw line = 2 points. Small Sided Game (4 vs 4).

Develop Shooting – jump shot

- To perform the jump shot appreciating the outcome necessary.
- To develop their understanding and knowledge of how to outwit an opponent using accurate replication of shooting techniques.
- To understand and appreciate the need to make decisions about choice of technique and refining ideas when unsuccessful.

Task examples

- In small groups recap set shot (BEEF). Incorporate jump, focus on release at top of jump + follow through.
- Progress to small sequence. A's on half way line, dribble, pass to B, receive back and end with jump shot. 3's play 21 game.
- 2v2 ½ court trying to outwit opponents using skills.
- Highlight footwork, Approach to basket + drive to basket. Small Sided Game-3v3 games full court.
- Contact when shooting = free throw.

Assessment

- To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques.
- To accurately replicate actions and sequences.
- To show their knowledge and understanding of the rules in basketball.
- Further development - Inter house/form basketball comp.

Task examples

- Warm up – Student led, progressive jogging and dynamic stretching.
- 21 game.
- 4 vs 4.- King of the court – Winners up / Losers down
- Student rank themselves
- Teacher grades against assessment criteria.

GOLD LESSONS

Attacking/Outwitting an opponent.

- To be able to perform passing, receiving, dribbling, shooting techniques to outwit opposition.
- To be able to perform a combination of these skills in a small sided game with success.
- To understand and develop knowledge of required fitness and diet required to sustain a good basketball performance.

Task examples

- Warm up – Student led, progressive jogging and dynamic stretching.
- Handling warm up.
- 1 ball each, pupils must score as many baskets as possible in 1 minute.
- Cannot score in same basket twice in a row. 3's – game of killer.
- Small sided game (3 v 3)

Develop shooting – lay up

- To perform and accurately replicate a range of lay up variations to outwit opponents.
- To understand the need of tactical movements and strategies to invade opponents half.
- To perform the non dominant lay up and make decisions about choice of techniques in each situations.

Task examples

- Recap lay up using lay up drill.
- 4 pupils, 2 each side of basket.
- A drive from right side and B rebounds + pass to C. C drives, D rebounds.
- Pupils swap sides after each role.
- Progress onto left hand lay up.
- Progress to 1 v 1 on a basket. How can you outwit an opponent? Drive, fake, body positioning.
- Small sided games: 4 v 4.

Defence – Zone

- To be able to outwit opponents with the use of defending skills. *i.e. zone and man to man defense*.
- To be able to perform skills in a small sided game making decisions about how best to stop opposition.
- To develop an understanding about how to legally mark opponents.
- To develop knowledge basketball specific fitness.

Task examples

- Warm up Suicide drill.
- Discuss C.V. fitness and why important to basketball players.
- 2 v 2- intro zone defense.
- Wait for opposition to advance to your 'zone'.
- Defensive position.
- Teaching points; low stance, quick steps.
- Develop rebounds – position preparation should be early.
- Small sided games; 3 v 3,– play zone defense

Strategies for attack/ 3 man weave

- To develop an understanding about attacking principles related to basketball.
- To know the benefits of different strategies for attacking play.
- To perform and replicate a 3 man weave.
- To be able to outwit opponents using high quality skills and techniques.

Task examples

- In 3's – warm up with a game of 21. In 3's, perform 3 man weave. Start of bass line and walk through. Progress to sprint gradually. Develop into 2 vs 1, once reach half way line pupil with ball places it down + becomes defender, 2 attackers drive at basket. Finish play with lay – ups.
- Small Sided Game (5 vs 5).

Tactics

- To develop tactical strategies to outwit opponents.
- To understand and appreciate the need to use creativity when implementing strategies and refining ideas when unsuccessful.
- To understand and know advanced basketball rules. i.e. what makes a foul, contact & 3 seconds in the key.

Task examples

- In small groups (4's); develop methods of attack.
- Angled runs, positioning, post up ideas.
- Use strengths of individuals on your team + highlight weaknesses. 3's play killer game.
- A's shoot first B's go straight after and attempt to score before to knock out A.
- If A scores first pass to C. 2v2 ½ court trying to outwit opponents using learnt techniques.
- Small Sided Game-3v3 games full court. 1 referee + scorer.

Assessment

- To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques.
- To accurately replicate actions and sequences.
- To show their knowledge and understanding of the rules in basketball.
- Further development - Inter house/form basketball comp.

Task examples

- Warm up – Student led, progressive jogging and dynamic stretching.
- 1 vs 1 competition.
- 5 vs 5 + 1 referee.
- Student rank themselves
- Teacher grades against assessment criteria.

PLATINUM LESSONS

Attacking/Outwitting an opponent.

- To be able to perform passing, receiving, dribbling, shooting techniques to outwit opposition.
- To be able to perform a combination of these skills successfully in a full game.
- To understand and develop knowledge of required fitness and diet required to sustain a good basketball performance.

Task examples

- Warm up – Student led, progressive jogging and dynamic stretching.
- Handling warm up. 1 ball each, pupils must score as many baskets as possible in 1 minute.
- Cannot score in same basket twice in a row. 3's – game of killer.
- Small sided game (3 v 3)
- Full game (5 v 5)

Develop shooting – lay up

- To perform and accurately replicate a range of lay up variations to outwit opponents.
- To understand the need of tactical movements and strategies to invade opponents half such as fast break, set plays.
- To perform the non-dominant lay up and make decisions about choice of techniques in each situations.

Task examples

- Recap lay up using lay up drill. 4 pupils, 2 each side of basket.
- A drive from right side and B rebounds + pass to C. C drives, D rebounds.
- Pupils swap sides after each role.
- Progress onto left hand lay up.
- Progress to 1 v 1 on a basket. How can you outwit an opponent? Drive, fake, body positioning.
- Small sided games: 4 v 4.
- Full game (5 v 5)

Defence – Zone

- To be able to outwit opponents with the use of defending skills. *i.e. zone and man to man defence*.
- To be able to perform skills in a small sided game making decisions about how best to stop opposition.
- To develop an understanding of how to legally mark opponents and zone formations.
- To develop knowledge basketball specific fitness.

Task examples

- Warm up Suicide drill. Discuss C.V. fitness and why important to basketball players.
- 2 v 2- intro zone defence. Wait for opposition to advance to your 'zone'.
- Defensive position.
- Teaching points; low stance, quick steps. Develop rebounds – position preparation should be early.
- Full game (5 v 5)

Strategies for attack/ 3 man weave

- To develop an understanding about attacking principles related to basketball.
- To know the benefits of different strategies for attacking play.
- To perform and replicate a 3 man weave.
- To be able to outwit opponents using high quality skills and techniques.

Task examples

- In 3's – warm up with a game of 21. In 3's, perform 3 man weave.
- Start of bass line and walk through.
- Progress to sprint gradually.
- Develop into 2 vs 1, once reach half way line pupil with ball places it down + becomes defender, 2 attackers drive at basket.
- Finish play with lay – ups.
- Fast break- pass the ball in from the baseline, pass to the outlet who will dribble into the middle, then pass the ball to the person under the basket.
- Small Sided Game (5 v 5).

Tactics

- To develop tactical strategies to outwit opponents.
- To understand and appreciate the need to use creativity when implementing strategies and refining ideas when unsuccessful.
- To understand and know advanced basketball rules. i.e. what makes a foul, contact & 3 seconds in the key and the 24 second shot clock.

Task examples

- In small groups (4's); develop methods of attack.
- Angled runs, positioning, post up ideas.
- Use strengths of individuals on your team + highlight weaknesses. 3's play killer game.
- A's shoot first B's go straight after and attempt to score before to knock out A. If A scores first pass to C. 2v2 ½ court trying to outwit opponents using learnt techniques.
- Small Sided Game-3v3 games full court. 1 referee + scorer.Full game (5 v 5)

Assessment

- To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques.
- To accurately replicate actions and sequences.
- To show their knowledge and understanding of the rules in basketball.
- Further development - Inter house/form basketball comp.

Task examples

- Warm up – Student led, progressive jogging and dynamic stretching.
- 1 vs 1 competition.
- 5 vs 5 + 1 referee.
- Student rank themselves
- Teacher grades against assessment criteria.