<table>
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<tr>
<th>Weeks</th>
<th>Learning Objectives</th>
<th>P.O.S.</th>
<th>Resources</th>
<th>Activity</th>
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</thead>
</table>
| 1     | Revising throwing, catching and passing accurately. | 1a, 1b, 1c, Eng (S+L) 1a, 2a, 2b | Coloured bands, netballs, hoops, cones, basketballs | Warm-up - sun and frost. Stretch muscles.  
Skill practise - 3's quick accurate passes. Inc. distance.  
Catching ball correctly - cushioning.  
Pushing the ball away.  
Piggy-in-the-middle - 3's.  
How many good throws in 30 seconds?  
Hoopball - small sided game with hoops (5v5). Look for good, accurate passing, use of space and positional play.  
Cool down - slow breathing/stretching. Discuss session. |
| 2     | Shooting skills  
- to improve accuracy of shooting in a game situation.  
- to participate in a game of mini-basketball. | 1a, 1b, 1c, Eng (S+L) 1a, 2a, 2b | Coloured bands, netballs, hoops, cones, basketballs | Warm-up - side stepping. Stretch muscles.  
Skill practise - In groups - 5 goes on net. 1 pt if hits rim, 2 pts if it goes in. Reinforce BEEF.  
Add defenders to jump and distract.  
Change position of shooters so shoot from different angles.  
Mini-basketball - give points for hitting the rim as well as getting the ball into the net.  
Emphasise team work - involve everyone in the game - make rules to accommodate this. |
| 3     | Attacking skills  
- to improve the skill of attack in an invasion game.  
- to participate in a game of mini-basketball. | 1a, 1b, 1c, Eng (S+L) 1a, 2a, 2b | Coloured bands, netballs, hoops, cones, basketballs | Warm-up - time bomb. Stretch muscles.  
Skill practise - dribble ball around cones looking up as much as possible. Relays in teams.  
Moving the ball in backwards using a hand up to 'ward off' any defenders.  
Add defenders to increase difficulty.  
3 v 3 games.  
Mini-basketball - give points for hitting the rim as well as getting the ball into the net.  
Emphasise team work - involve everyone in the game - make rules to accommodate this. |
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<td>4</td>
<td>Defence Skills</td>
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<td>- to improve the skills of defending in an invasion game.</td>
<td>1a, 1b, 1c, Eng (S+L) 1a, 2a, 2b</td>
<td>Coloured bands, netballs, hoops, goal posts</td>
<td>Warm-up - pairs - dodging partner. Stretch muscles. Skill practise - 3's - thrower, attacker, defender. A moves in one direction only. Add dir. Interceptions - 2 throwers pass to each other, others intercept passes. 2's - defending against a shooter. Rebounds. 3v3 - defenders score 2pts if intercept, 1pt if touch ball. Change over. Mini-basketball - Emphasis on defending skills.</td>
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<td>- to participate in a game of mini-basketball.</td>
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<td>5</td>
<td>Playing The Game</td>
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<td>- to participate in a full rule game of basketball.</td>
<td>1a, 1b, 1c, Eng (S+L) 1a, 2a, 2b</td>
<td>Coloured bands, basketballs, goal posts</td>
<td>Warm-up - tag game. Stretch muscles. Skill practise - discuss all skills developed over past few weeks. Split class into teams. Play tournament.</td>
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