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| ***Class:*** year 3 |
| ***Lesson:***  Basketball week 3: shooting |
| ***Lesson Objective:***  To be able to understand and apply knowledge of how to correctly use a shooting technique within the rules of Basketball. |
| ***Resources:***  Basketballs x15  Cones x10 of each colour  Bibs x15 |

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| ***Warm Up:***  Coach lead warm up: students will follow a range of movement which have been commanded by the lead. Both static and dynamic stretching will be used during this time. Students will be asked for input towards different movements/stretches throughout.  **Coaching Points:**  Speaking/listening skills (communication)  Increase HR and stretching out muscles (Prepare body for exercise)  ***Safety Points:***   * Spacial awareness between each student * Environment checked (risk assessment) * Equipment checked before and throughout session. |
| ***Main Activity: (Including teaching/Coaching Points/Include any diagrams)***  Recap of last week’s lesson, what it entailed and what was learnt (demos possible). Then Explain about the correct techniques for shooting the ball correctly.   1. Demonstration of how to perform a correct shot (include both hand a feet positioning.) Then asking for feedback to reinsure understanding. 2. Uncontested: Working in pairs (ideally), work on getting the correct technique by having both feet planted on the floor, dominate hand at back of ball with other hand at side for stability. They will shoot the ball 3-4 time to the partner who will chess pass it back, once that is complete swap roles. Working heavily abC’s throughout (co-ordination: hand/eye). 3. Recap everything done so far with Q/A      1. Contested/Game related: Attack verse defence drill (adapted rules): working as a 3v3. Two end zone with be goals but unlike last week were you must pass the ball to score you must shoot the ball over the opposition to the target man to score a teammate must be in the zone to receive to score. The three second rule will now apply.   **Coaching points:**   * Position of hands at back and side of ball * Pivoting is allowed * 3 second rule * Two feet on floor at all times when shooting   ***Safety Points:***   * Spacial awareness between each student * Environment checked (risk assessment) * Equipment checked before and throughout session. |
| ***Warm Down***:  Coach lead cool down: coach lead the group in different movements from fast to slow while bring in static stretches.  **Coaching Points:**  Lower HR (relaxing body)  Reduce lactic acid from muscles (cramp removed)  Help bring them down to a rest to prepare for remaining lessons.  ***Safety Points***:   * Spacial awareness between each student * Environment checked (risk assessment) * Equipment checked before and throughout session. |
| ***Plenary:***  They have worked on basic ball handling skills, leading into passing this week. Adjusting techniques, trying to improve chances of success and quality of play. |

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| RED: they are able to complete basic shooting in netball as long as they are aided with constant help especially 121’s. Otherwise completing tasks would be difficult and could take a whole lesson. |
| AMBER: they should be able to work through each section of the session without much help or assistance and have a competent understanding of shooting within basketball but may struggle to apply the knowledge effectively with the game related. |
| GREEN: they should be able to excel at each part of the session, they can use knowledge effectively within a game situation and may be useful to help the lower abilities (red) to progress into the next level. |