### Intro to Basketball

**Learning objective:** 1. Ball familiarisation  
2. To bounce and dribble a basketball under control. To begin to pass a ball.

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<th>Lesson Structure</th>
<th>With timings</th>
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<td><strong>Introduction/ warm up (Connection and Activation)</strong></td>
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<tr>
<td><strong>Hula Hoop Game</strong></td>
<td>5-10mins</td>
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| Place hula hoops/coned circles around the area.  
Children move around the area bouncing a ball.  
Teacher uses verbal cue i.e ‘change’ children must place their ball in a hoop and pick up a ball from another hoop.**Progress**  
- Teacher uses visual cues instead of verbal (hand in the air) .  
- Children must pick up a ball from the same colour hoop as they left one in. | Extend:  
- Give children a beanbag to hold in one hand while they dribble the ball with the other.  
Support:  
- Children with two hands and catch in two hands |
| **Main (Development/ Application)** | 10 mins | |
| **Dribbling** | 10 mins | |
| Keep hula hoops/coned circles in place.  
Children dribble (bounce) basketball around the area. Children earn 1 point when they bounce their ball into a hoop/coned circle. **Discuss - What part of our hand do we use to dribble the basketball ?** | Extend:  
- Place cones around the area. When children hit a cone children must take away a point/ points go back to zero.  
Support:  
- Children with two hands and catch in two hands |
| **Passing** | 10 mins | |
| Children place a cone 3 or 4 steps from the wall. (A space near a wall with no obstructions) If no wall is available then partner the children up with cones marking the distance. **Discuss - What do we show to our partner when we are ready to receive the ball ? If we take a step when we pass how does that help us ?** | Extend:  
- Increase distance between cones. Have a tall cone between the partners and ask the children to knock down the cone when passing to earn a point (bounce pass).  
Support:  
- Softer /Smaller ball, work with a partner throwing and catching before wall. |
| **Basketball relays** | 10 mins | |
| Put children in teams. Each team will have an empty hoop. All the balls will be in a section/hoops at the end of the area. Aim is for children to collect as many balls as possible. Children must run to an area/hoops full of balls, take one, and bounce it back to their team’s hoop. **Discuss - What can we do when our team mate is dribbling ?**  
**Progress**  
- Put cones as obstacles for them to dribble through/around on the way back. If children hit a cone they must do 5 star jumps. | Extend:  
- Give children a beanbag to hold in one hand while they dribble the ball with the other.  
Support:  
- Children with two hands and catch in two hands |

**Plenary**
- Refresh learning objectives
- Questions: What different skills did you try today? What were you best at? What made you good at that skill? What did you remember whilst you were practicing ?

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