Learning objective: 1. To understand what the correct basketball shooting technique. 2. To score a basket using the backboard. 3. To be able to combine dribbling skills with shooting skills.

**Lesson Structure**

<table>
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<tr>
<th>Introduction/ warm up (Connection and Activation)</th>
<th>With timings</th>
<th>Differentiation (Extension/Support)</th>
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</thead>
</table>
| **Reaction Drill** - Children jog around the PE space. Teacher uses keywords to support learning objectives and warm up muscles. | 10 mins | Progression:  
- Switch the instructions to mean the opposite.  
- Ask children to come up with 1/2 new words and actions. |
| **Stop** - Children stop using a little jump to land balanced  
**Start** - All children jogging  
**Left/ Right** - All children change direction  
**Shot** - Children must jump stop and pretend to shoot a ball high in the air.  
**Defense** - Children freeze their bodies in a low athletic stance, back straight, hands out. (if the children can touch the ground with two hands they are low enough.)  
**Stretch** - Form a circle as a class. Teacher leads week 1 - children lead thereafter - 1 arm and 1 leg muscle (use board to help with the word) | 5 mins | |
| **Main (Development/ Application)** | With timings | Differentiation (Extension/Support) |
| **Hot Shot** - Place cones (5) in a semi circle around the basket. One ball per cone and the children line up behind the cones. If you have two baskets repeat the same at the other basket. Children shot a shot, gather the rebound (loose ball) then pass it to the next person. If you have more than 4 children in a line ask the child who has just taken a shot to jog to the other end of the hall/PE space.  
**Key Points** - toes facing basket - knees bent - ball under chin/at chest - push ball upwards reaching high  
**Focus** - Small black square - hit the top left corner when on the left side. (softly) | 15 mins | Extend:  
- HA child uses one hand instead of two to shoot  
- Child dribbles in jump stops and then shoots the ball  
Support:  
- Remove child from the group and demonstrate the push motion. Ask the child to repeat a number of times without the ball against the wall. |
| **Mini Plenary** - Revisit the shooting technique through some children in the group.  
**Line of Attack** - Children get into teams of 4 (depends on numbers). They line up in a straight line that stretches the length of the PE space. - - - - 0 (0 = hoop). The ball starts with the first person at the top of the line. On the word 'Go' the children pass to the ball from one person to another with the final person shooting a shot. Once a person has passed the ball they move to the the next persons spot. The idea is to make sure all children in the group have a chance to shoot. After they take a shot they dribble to the top of the line and begin the drill. | 5 mins | Extend:  
- Add a defender to add pressure to the shooter or to the passers  
Support:  
- Use Ipad with shooting videos to highlight the technique and the motion of pushing the ball to the hoop. |
<table>
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| 1. Review learning objectives  
2. Select someone who is your hot shot and tell the class why  
3. What is your favourite part of basketball so far? |