**Learning objective:** 1. To understand how a defender moves in basketball 2. To be able to defend without fouling in basketball

**Lesson Structure**

<table>
<thead>
<tr>
<th>Introduction/ warm up (Connection and Activation)</th>
<th>With timings</th>
<th>Differentiation (Extension/Support)</th>
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</thead>
</table>
| **Tails** - All children have a bib and tuck it into their shorts or pockets. Children must try and remove the other children’s ‘tails’. Once they remove the tail they continue to find another tail to remove. If a tail has been removed a child has to do a consequence before placing tail back into their shorts/dress/pocket. | 10 mins | **Extend:**  
- Reduce playing area size  
**Support:**  
- Allow a LA child to tuck the bib in further  
- Give a LA child specific area that they have as a safe zone |
| **Consequence** - 1. Tell a joke, do a start jump, do a dance move | | |
| **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) | | |

<table>
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<tr>
<th>Main (Development/ Application)</th>
<th>With timings</th>
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| **Shape Up** - All children are in a group or either 4 or 5 children with one ball per group. They will pick a shape and form that shape with their group. There will be one defender. The attackers have to make successful passes around their shape. The defender has to steal or deflect the ball. | 15 mins | **Extend:**  
- The HA group will have two defenders and should only 5 players  
- Children can have cones or spots with some extra spots for the player without the ball to move to.  
**Support:**  
- The LA group should have a defender that must stay within a hula hoop  
- Place spots on the ground so that children have to stay on the spots |
| **Dynamite Defender** - All children are in pairs with one ball. There are gates (two cones with space between them) scattered around the PE space. Select children who have displayed good defender stance in the above warm up game to stand in some of the gates as a defender. Every time a player dribbles or passes through a gate successfully they get a point. If the defender steals the ball or deflects it the attackers get zero and the defender gets a point. | 15 mins | |
| **King of the court** - All children have a basketball. They are dribbling within a coned area and protecting their ball with their body and arm. To get someone out of the game a child must knock another child’s ball outside the coned area whilst keeping control of their own ball. | 5 mins | |
| **Progression** - Select two children as defenders. They will play without a ball and try knock the ball outside the coned area. Instead of having children stand out. Have the children do a action, balance, dance move or joke to get back into the game. | 10 mins | **Extend:**  
- Dribble with a tennis ball  
- Dribble a basketball and get a bonus life if you change hands by doing a crossover or putting the ball between their legs.  
- HA children get a bonus life if they use their body to protect the ball  
**Support:**  
- LA children can have an extra life  
- LA children can use two hands to pick the ball up and control it |

**Plenary**

Have children stand in small groups or large circle - A ball is passed around the circle and when a child catches the ball they must say something they were good at today.

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