**Learning objective:**
1. To be able to dribble with speed and control when being defended
2. To use both hands when dribbling
3. To understand how to use a dribble to attack in basketball

**Lesson Structure**

<table>
<thead>
<tr>
<th>Introduction/ warm up (Connection and Activation)</th>
<th>With timings</th>
<th>Differentiation (Extension/Support)</th>
</tr>
</thead>
</table>
| Chain Reaction - Children dribble around the PE space and react to the teachers instructions. Rewards of demonstrations given for technique and control over speed. | 10 mins | Progression:  
- Children to select a word to use  
- Teacher encourages children to demonstrate the new actions/words. |
| Change - Children place balls on the group and collect a new ball from the ground.  
Crossover - Children must cross the ball over from one hand to the other (keeping one hand on the ball at a time)  
Speed - Children accelerate around the PE space controlling the ball at hip height with head up  
Control - Children pause and control the ball on the spot using opposite arm to protect the ball. | | Focus - Head up - Hands on top/behind - low dribble - crossover below the knee - use loose wrists |
| 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>
<thead>
<tr>
<th>Main (Development/ Application)</th>
<th>With timings</th>
<th>Differentiation (Extension/Support)</th>
</tr>
</thead>
</table>
| Truck and Trailer - Every second child has a basketball. Those who have a ball can dribble around the PE space. Changing direction, crossing over, speed dribbling etc. The child without the ball is following and observing. When the whistle is blown the child with the pass passes to the person following and they start dribbling and exploring.  
Minefield - Scatter cones and hula hoops around the PE area. Children will have a ball each they will dribble around the PE space avoiding the cones. Children will be changing direction and hands as they dribble around. Every time the child reaches one end of the PE space they get 10 points. If they hit off a mine they lose 2 points.  
Progression - Teacher will add a defender who moves around the minefield putting pressure on the children.  
Fast and Furious - Children are lined up in groups. They must have a cone that represents their team. All cones are lined up similar to the start of a relay. The first challenge involved the first child dribbling to the matching cone at the end of the PE area and back to their next team mate in the line. This continues in relay form until everyone has had a turn. | 15 mins | Extend:  
- Putting the ball between their legs to change direction  
- Calling out a number of fingers the teacher holds in the air  
Support:  
- Use ipad to show examples of crossovers and ball control  
| 15 mins | 5 mins | Extend:  
- Calling out a number of fingers the teacher holds in the air  
- Dribble with two basketballs  
- Dribble with tennis balls  
Support:  
- Add safe zones throughout the minefield for children to take a break.  
| 10 mins | Extend:  
- Put cones down in a line for children to zig zag dribble around  
- Put a gate down for children to dribble through  
- Children must dribble up with right hand back with left hand |
<table>
<thead>
<tr>
<th>Plenary</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Children sit in a circle</strong> - each child gets to pick a word to describe how they feel about the lesson. Share with your partner what you thought they were good at. Recap LO objectives.</td>
</tr>
</tbody>
</table>

[www.moving-matters.org](http://www.moving-matters.org)