**Learning objective:**
1. To combine basketball skills before shooting a basketball.
2. To understand the correct technique of a jump shot.
3. Lay up to develop their knowledge and ability to execute a successful layup.
4. Can shoot a lay up with no dribble and correct footwork and technique.
5. Use correct footwork and shooting form on a lay up with movement.

### 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>
| **Crazy Cones** - Scatter cones around the PE area. Children run at angles to avoid the cones. Children listen for the whistle codes and react. | 6 mins | Alternative:  
1. Coloured cones can be used instead of whistle. |
| 1 whistle - jump stop (bring you body to a balance athletic stop at once) | 6 mins |  
2 whistles - land with a two count stop one foot then the next (balanced) | 5 mins |  
3 whistles - stop and then pretend to take a jump shot in the air. | 5 mins |  
Progress - All children have a basketball | 5 min |  
Stretch - Children lead - pick a muscle previously covered or a new stretch and try as a group to name the muscles) involved. Hold the stretch for a count of 10. | 5 min |  
Alternative:  
1. Use different languages for the count. |

<table>
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<tr>
<th>Main (Development/Application)</th>
<th>With timings</th>
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| **Rainbow Makers** - Children find a partner and have one ball between two. They stand 4/5 apart and shoot the ball to each other in a rainbow shape. Once the partners have displayed rainbows the sequence changes to the following actions. | 15 mins | Extend:  
1. Move onto shooting into a basket using the backboard | 5 mins |  
Chest pass child A to child B - Child B dribbles to a cone/line behind them then dribbles back to partner and shoots a rainbow shot to partner. | 10 mins |  
Focus - Rainbow shot - push action from under chin/chest - bend knees |  
Plenary - Demonstration of two children using correct technique. | Support:  
1. LA children can start the exercise with no ball. | Extend:  
2. Children can have shorter dribbling time | Support:  
1. Use Ipad with shooting videos to highlight the technique and the motion of pushing the ball to the hoop. |
| **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. | 5 mins | Extend:  
1. Add a defender to add pressure to the shooter or to the passers | Support:  
1. Use Ipad with shooting videos to highlight the technique and the motion of pushing the ball to the hoop. | 10 mins |  
Progression - Once a child has taken a shot they become the defender and stand in front of the person shooting. They cannot block the shot or touch the ball only stand tall as a distraction. | 5 mins |  
Plenary |  
www.moving-matters.org |
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?