### Year 4 - Basketball - Shooting

(All) - To understand what the correct shooting technique is  
(Most) - To score a basket using the backboard  
(Some) - To be able to combine dribbling skills with shooting skills

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<th>Lesson Structure</th>
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<td><strong>Introduction/ Warm up</strong></td>
<td><strong>Timings</strong></td>
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**Reaction Drill** - Children job around the PE space. Teachers use keywords to support learning objectives and warm up muscles.  
*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)

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<th>Activity 1</th>
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<td><strong>Hot Shot</strong></td>
<td><strong>15 Minutes</strong></td>
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<td>Place cones (5) in a semi circle around the basket or hoops. 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 shoot, 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.</td>
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**Progression :**  
- Switch the instructions to mean the opposite.  
- Ask children to come up with 1 /2 new words and actions.
**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)

**Mini Plenary** - Revisit shooting technique through some children in the group.

**Activity 2**
**Line of attack**
- Children get into teams of 4
- They line up in a straight line that stretches the length of the PE space.
- 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 next person’s spot.
- After they take a shot they dribble to the top of the line and begin the drill

**Support**
- Remove the child from the group and demonstrate the push motion.
- Ask the child to practice the push motion against the wall

**Extend**
- Add a defender to add pressure to the shooter or passers.

**Support**
- Use iPad with shooting videos to highlight the technique and the motion of pushing the ball into the hoop.

**Plenary**

Refresh learning objectives, Turn to your partner and tell them what they were good at and what they can do better next lesson.