# Year 6 - Basketball - Lesson 4 - Defending

<table>
<thead>
<tr>
<th></th>
<th>Timings</th>
<th>Differentiation (Extension/ Support)</th>
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</thead>
<tbody>
<tr>
<td><strong>Introduction/ Warm up</strong></td>
<td>10 mins</td>
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<tr>
<td><strong>Champion of the court</strong> - Create a coned square which is large enough for the entire class to move around inside. Each pupil will have a basketball and be dribbling around the area whilst keeping the ball under control. The object of this game is to keep your ball under control, whilst knocking other players balls out of the playing area. If a player's ball leaves the area or they step out of the area, the player completes an action (eg, 10 star jumps) and they come back into the game. For every player you eliminate you get 1 point.</td>
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<td><strong>Extend:</strong></td>
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<td>- Dribbling with a tennis ball</td>
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<td>- Bonus lives for successfully attempting a crossover.</td>
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<tr>
<td><strong>Progression</strong> - Set up 4 smaller playing areas and split the class into 4 groups of similar ability.</td>
<td>5 mins</td>
<td><strong>Support:</strong></td>
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<td></td>
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<td>- Extra lives for LA pupils</td>
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<td></td>
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<td>- Able to take two steps with the ball before bouncing.</td>
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<tr>
<td><strong>Mini Plenary</strong> - Introduce the defensive stance and defending techniques</td>
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<tr>
<td><strong>Link:</strong> <a href="#">10 steps to a good defensive stance</a></td>
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<tr>
<td><strong>Key Points</strong> - <strong>Low stance</strong> - feet shoulder width apart, hips square, arms out</td>
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<td>Arms length away from the attack</td>
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[www.moving-matters.org](http://www.moving-matters.org)
<table>
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<th>Main activity</th>
<th>Timings</th>
<th>Differentiation (Extension/ Support)</th>
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<tr>
<td><strong>1v1 Triangles</strong></td>
<td>15 mins</td>
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In the PE space place out cones to create triangles big enough for 1 person to stand in. The triangles should also be different colours. Split the players into pairs. Pupil A will be an attacker and pupil B will be a defender. Pupil A will have a basketball and Pupil B will be bibbed.

Pupil A will dribble around the area, stopping inside a triangle to gain a point. Pupil B will be the defender focusing on trying to take Pupil A’s ball away. Every time that they do that the defender gets 1 point and becomes the attacker.

Attacking players can only stay inside of a triangle for 3 seconds
Defenders cannot grab an attackers tag whilst they are inside of a triangle.

Split the game into rounds.

**Progression:** Put two groups together for a 2v2 game, passing and moving with the ball. If an attacking player passes to their partner who is standing inside a triangle the attackers get 1 point.

**Mini Plenary** - Children should be low to the ground and always have their hands up when defending. "Where's the ball" - A defender always wants the ball

Introduce the basketball steal -
Link: [https://www.youtube.com/watch?v=skVWQfsfhbY](https://www.youtube.com/watch?v=skVWQfsfhbY)

**Defenders Delight**

Split the class into groups of 6 (2 teams of 3). Inside a coned square which is large enough for the group to move around one team will start with the ball and will be attackers, the other team will become the defenders.

Attacking Team: 5 completed passes = 1 point
Defending Team: 1 interception = 2 points, 1 steal = 2pts

After intercepting the ball the defending team becomes the attacking team.

**Progression:** Join 2 groups together 6 v 6 inside a larger area.

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**Extend:**
- Different coloured triangles are worth different points
- No time to stay inside the triangle has to dribble straight through

**Support:**
- LA pupils have longer in the triangles
LA pupils have a body part to tag instead of reaching for the tail.

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**Defenders Delight**

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Attacking Team: 5 completed passes = 1 point
Defending Team: 1 interception = 2 points, 1 steal = 2pts

After intercepting the ball the defending team becomes the attacking team.

**Progression:** Join 2 groups together 6 v 6 inside a larger area.

**Extend:**
- Place a hula hoop on each side of the square as a scoring zone. If an attacking player shoots a ball into the hula hoop = 2 pts.
- If a defender blocks a shot = 2pts
- Add an extra ball (basket or tennis)

**Support:**
- Change the size of the playing area
- Different sized ball
- 5v1, 4v2 games

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Plenary

Refresh learning objectives. Turn to your partner and tell them what they were good at and what they can do better next lesson. Each child has to say a word that is relevant to the lesson before they line up.