



Knowledge:

- I can recall the most common reasons that a free throw is awarded.
- I recognise the difference between a 2- and 3-point shot.
- I understand the rules of basketball.

Skills:

- I can counterattack using the fast break
- I can communicate within a team
- I can practise the retreat dribble under pressure from a defender.
- I can practise agility skills and use them in a game.
- I can show power and accuracy in free throws.
- I can appraise my own skill level and choose the distance to take a free throw from.
- I can demonstrate a v-cut in a game.
- I can use the cross over dribble to drive towards the basket.

Lesson Sequence:

Lesson 1: I understand how to counterattack using the fast break.

Lesson 2: I understand how to use the retreat dribble to maintain possession.

Lesson 3: I can perform a free throw with consistency.

Lesson 4: I can use speed and agility to perform a v-cut to get free from a defender.

Lesson 5: I can drive to the basket using strength and coordination.

Lesson 6: I understand the three-point shot and how different points are awarded.

Vocabulary:

Fastbreak, counterattack, retreat, maintain, pressure, free throw, L-cut, V-cut, pin down.