

Lesson Planning Proforma			Lesson Planning
Date: 27/02/14	Unit:1	Subject: PE	Coach name: James Boxell
Class: Year8	Boys: 12	Girls: 0	
Aim of the lesson: To develop the students passing in basketball.		Success criteria (including levels/grades): <ul style="list-style-type: none"> • Developing- The student knows 2 types of passing but cannot always perform them accurately. • Skilled- The students can perform 2 types of passing in practice but not always when under pressure. • Accomplished- The students can perform all 2 types of passing both in practice and competition effectively. 	
Resources: worksheets, video			Key words:
Learning Cycle	Teacher and learner activities <i>What has the teacher planned to enable students to make good progress?</i>		Timing
Share Learning Outcomes Share Information	Coach to explain the Lesson aims and success criteria with the pupils.		2mins
Warm up Relevant to the sport	<ul style="list-style-type: none"> • In pairs- students practice passing to each other using the bounce pass and chest pass. Students must be 10m apart. Teaching points- step into pass, both hands on the ball, shoulders facing your partner, pass from the chest (for bounce pass- aim to bounce ball just over half way point). • Students progress on to working in groups of 4 using a 10x10m grid. 2v2 possession game where 5 successful passes equal 1 point. Students must pass using either chest push or bounce pass. More emphasis on passing accurately and moving in to space. 		5mins 5mins
Activity Include Demonstrations and key teaching points	<ul style="list-style-type: none"> • Students now progress on to 3v3 around a basket within a 20x20m area. Students must pass using the correct techniques and when they get the opportunity, shoot at the basket. 2 points are awarded for every successful basket. Once a basket is scored, the team who scored get the ball back at the start line. More emphasis on passing accurately and moving in to space. <p>Cool Down- 3 lap slow jog of the basketball court.</p>		8mins 2mins

Why have you chosen these activities?

What is the benefit of doing this activity to the participants?

Warm up activity-

I have chosen to do this activity because...the students I am teaching have not done much **basketball** so it is important they learn the correct **technique** for basic **passing** in basketball. Also, the warm up will get the **prepared** for the session and ensure they do not pull a muscle during the session.

This will help the students warm up because...the students will be **fully prepared** and warmed up for the session ahead. This will also get them **mentally prepared** as they will be working on passing in the main activity.

Main activity-

I have chosen to do this activity because...the students need to **demonstrate** they can pass the ball successfully **under pressure**. This is because when in a game the opponents **close you down** quickly so if you are not **skilful** at passing then you will not be prepared for this.

This activity will help the students improve their **basketball performance** because...it will help the students cope with passing the ball when **under pressure**, which is important when playing **competitive** basketball.

Cool Down-

I have chosen to do this cool down because...it will help the students cool down and allow their heart rate to gradually return to it's normal state. This will help prevent muscle soreness the following day and help them generally recover quicker.

Lesson Evaluation:

- **How well did the session go?**
- **What needs to be improved? Why?**
- **What went well? Why?**

