

S SCHEME OF WORK

Basketball - GRADE 3

Unit overview:

In Grade 3 pupils will learn how to control and dribble the ball correctly with preferred hand. How to pass and receive using SEP (Step, Extend, Pass). Learn how to control the ball using fingertips and thumbs. Learn some basic foowork- how to stop with the ball. Play adapted basketball games and mini basketball games (3v3) developing their attacking and defending skills.

Lesson 1	How can you move a ball around your body?
Lesson 2	How can you keep control of the ball?
Lesson 3	How can you move with the ball?
Lesson 4	How can you pass and receive the ball in basketball?
Lesson 5	How can you stop with the ball in basketball?
Lesson 6	How can you work as part of a team when you compete in a mini basketball game?

Success Criteria (working at)

- I can move the ball around my body with some control
- I can keep control of the ball
- I can dribble the ball with some control using one hand
- I can step forward with one foot when making a pass
- I can perform a stride-stop with some control
- I can play and accept the rules; competing fairly, being gracious in victory and defeat most of the time



S SCHEME OF WORK

PHYSICAL ME

- AGILITY
- BALANCE
- COORDINATION
- STRENGTH
- FLEXIBILITY
- DODGING
- PIVOTING
- THROWING
- CONTROL
- RUNNING
- AWARENESS
- SPEED
- JUMPING
- SKIPPING
- STRIDING
- THROWING

SOCIAL ME

- CO-OPERATE WITH OTHERS
- MINI COACH – MAKING UP AND LEADING WARM UPS
- TEAM WORK
- INCLUSION OF ALL TEAM MEMBERS, EVERYONE TO GET A TURN
- DEMONSTRATING TO THE GROUP
- PEER ASSESSMENT
- FAIRNESS- COMPETITION

THINKING ME

- SELECT AND APPLY SKILLS
- FEEDBACK TO A PARTNER / GROUP
- DISCUSSING AND SHARING IDEAS
- IMPROVING ON LEARNT SKILLS TO IMPROVE TECHNIQUES
- LEARNING NEW RULES
- TACTICAL AWARENESS

HEALTHY ME

- WARMING UP
- KNOW THAT EXERCISE KEEPS MY HEART HEALTHY
- COOL DOWN
- STAY HYDRATED
- UNDERSTANDS WHICH EXERCISES / MOVEMENTS INCREASE THE HEART RATE / PULSE RATE



SSCHEME OF WORK

End Grade 3 attainment:

- ✓ Can use running, jumping, throwing and catching in isolation
- ✓ Is beginning to communicate with others during physical activities
- ✓ Has begun to play competitive/modified games, and apply some basic principles suitable for attacking and defending
- ✓ Is beginning to compare their performances with previous ones
- ✓ Can begin to recognise their own success
- ✓ Can understand the short term effects of exercise on their body

Health & Safety

- Children to stay hydrated
- Warm up before the lesson and cool down after the lesson
- Children to wear appropriate footwear

