

BASKETBALL LESSON 1

Grade 3

Learning Intention: To move a ball around your body?

- I can attempt to move the ball around my body
- I can move the ball around my body with some control
- I can move the ball around my body with control

EQUIPMENT:

30 x medium-sized balls

WARM UP: Invisiball

Children to find a space:

Teacher calls out the following instructions:

Play - Children walk forward pretending to bounce an invisible basketball (Invisiball)

Pause - Children freeze where they are, protecting the invisiball.

Fast forward - Children jog forwards, pretending to dribble the invisiball.

Rewind - Children walk backwards, pretending to dribble the invisiball, taking care to look where they are going.

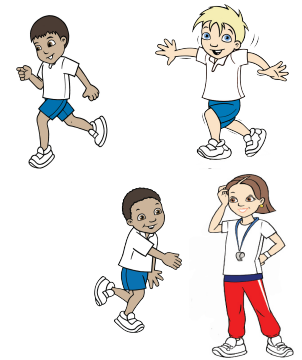
Eject - Children jump and extend their arms, pretending to shoot with the invisiball.

HEALTHY ME

After you have warmed up, place your hand on your heart - How your body feel when you exercise?

Heart beating faster, breathing faster - Now we are going to look at how our organs work when exercising.

Q&A: Which of our organs are most important when you are exercising? Our heart and lungs.
Our heart helps pump blood around our body and our lungs help get oxygen to our muscles!



ACTIVITY 1: Body Ball

Children to have a ball each.

Set ground rules: When teacher is talking all basketballs are kept still between their feet.

- Ask the children to experiment with moving the basketball around their body.
- How many different ways can they come up with?



ACTIVITY 2: Around the World

Ball familiarisation

- Use finger and thumb tips when you pass the ball around your body

Children to attempt moving the ball around the following body parts:

a) Waist b) Left leg c) Right leg d) Head e) Figure of 8 through legs

Then, practice each movement in preparation for a fun competition.

Competition - How many times can they move the ball around **a, b, c, d and e** in 30 seconds?

Make it harder: Can they do it with a partner and try and complete at the same time? Can they walk and perform the skill?

Q&A: What is important when controlling the ball? Use your fingertips and thumb. Remember good control not too quickly.



ACTIVITY 3: 'Top to Toe Challenge'

Ball familiarisation:

- Use finger and thumb tips when you move the basketball on your body

1. Can the children move the ball from head to toe without the ball leaving the body?

Make it easier: Use a smaller ball

Make it harder: Use left hand, then right hand

Challenge: How many times can they do 'Top to Toe' without dropping it?

2. Can they come up with a fun trick and then perform to the class?



ACTIVITY 4: Competition Time!

Teams of 4-6. Set up 6 stations. Place a ball in each of the hoops

Race 1: Children run to the hoop. Pick up the ball. Then move the ball around their waist twice and then run back to their team.

Race 2: Children run to the hoop. Pick up the ball. Children to move the ball once around their right leg

Race 3: Children run to the hoop. Pick up the ball. Children to move the ball once around their left leg

Race 4: Start with the ball. Dribble the ball around the hoop and back to their team

Challenge

Race 5: Children run to the hoop. Pick up the ball. Children to complete the figure of 8.

Make it harder: children could perform star jumps when waiting for their turn.

Thinking me: Children to think about how they can compete against the other teams. Can they think of some tactics - who goes first, how to pass the ball to each other with control and speed.

Q&A: What is important when working as a team? E.g Communication

COOL DOWN

Clap Challenge- Teacher claps hands and the Children bounce the ball on the floor and catch it.

PLENARY

How many different ways have you learned today how to move the ball around your body? Can you tell me about them/share them with us?