



These plans are made for all primary school aged children to do at home to keep active there are different ways they can be adapted to make easier/harder for each age group (colour coded **BLUE = Rec & KS1**, **GREEN = YEAR 3 & 4**, **ORANGE = YEAR 5 & 6**)

Unit Title: Basketball

Time	Content	Activity description working individually	Adaptation for 2+ players	Equipment needed	Additional Skills
10 – 15 mins	Activity 1 Bounce and catch	<p>Practice bouncing and catching to self-whilest standing still. (Count how many times you can bounce it without losing control).</p> <p>Practice bouncing and catching to self-whilest walking around the space. (Count how many times you can bounce it without losing control).</p> <p>Practice bouncing and catching to self-whilest jogging around the space. (Count how many times you can bounce it without losing control).</p> <p>Teaching points (eye on the ball, awareness of space, using fingers to push ball into the ground, push it hard enough so it comes back up to waist, keep control of the ball)</p>	<p>If more than 1 player take in turns and tell how others can do it better.</p> <p>If enough balls then do it at the same time without bumping into each other</p>	A ball that bounces	Maths (Counting)

10 – 15 mins	<p>Activity 2</p> <p>Bouncing/dribbling progressed</p>	<p>Practice bouncing and catching to self-whilest moving. (Count how many times you can bounce it without losing control).</p> <p>Practice bouncing the ball with 1 hand whilst standing still (Count how many times you can bounce it without losing control)</p> <p>Practice bouncing the ball with 1 hand whilst moving around (Count how many times you can bounce it without losing control)</p> <p>Additional teaching points aim to bounce from 1 hand to other in letter V</p>	<p>If more than 1 player take in turns and tell how others can do it better.</p> <p>If enough balls then do it at the same time without bumping into each other</p>	A ball that bounces	Maths (Counting)
10 – 15 mins	<p>Activity 3</p> <p>Tricks</p>	<p>Practice a variety of tricks (use imagination)</p> <p>Try bouncing around body</p> <p>Try around the world using your hand to circle the ball after bouncing</p> <p>Try and spin ball on 1 finger</p> <p>Teaching point (concentrate, focus on ball, keep control)</p>	Use each other to create imaginative tricks.	A ball that bounces	



10 – 15 mins	Activity 4 1 v 1	<p>Child now uses skills in a competition (play against parent)</p> <p>Child has to keep their ball away from parent whilst parent tries to tackle them)</p> <p>Teaching points (control ball, use body to protect ball, look where going)</p>	<p>If more than one child is playing can try and keep the ball away from each other.</p> <p>Can also introduce and 'End Zone' that they have to try and reach.</p>	A ball that bounces	
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