

Prior Learning

Used strength, agility and coordination when defending. Moved the ball accurately in a variety of situations. Selected and applied a range of tactics and techniques to play with consistency.

Unit Focus

Apply aspects of fitness to the game, such as power and strength. Choose and implement a range of strategies to play defensively and offensively. Grasp more technical aspects of the game.

We are learning...

1. how to counterattack using the fast break.
2. the retreat dribble to maintain possession.
3. to perform a free throw with consistency.
4. to use speed and agility to perform a v-cut to get free from a defender.
5. to drive to the basket using strength and coordination.
6. the three-point shot and how different points are awarded.

Key Questions

1. Working with your partner, can you think of ways to support a player driving to the net?
2. Why would you use the v-cut tactic when attacking?
3. Can you suggest other ways to beat the defenders putting pressure on you?

Equipment

Size 5 basketballs, cones, hoops, basketball posts, bibs, stopwatch, whiteboards.

Vocabulary

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

Rules

- If a player commits a personal foul to someone while attempting a 3-point shot, they get a free throw. If the shooter scores even though fouled, they could win 4 points (3 from the three-point shot and 1 for the free throw).

Assessment Overview

Head - Implement a range of strategies to attack and defend, such as restricting attackers' space.

Hand - Able to track and control a rebound from a shot (penalty or open play).

Heart - Counterattack with team using the fast break.

