

St Ninian's High School
S1 Basketball Course Timeline

Lesson	Lesson Intention	Skill application	Capacity focus	Benchmarks	
1	<p>Introduce ball handling skills</p> <p>Basic game rules</p> <ul style="list-style-type: none"> • Travel • Double dribble 	<p>Develop levels of fitness and understanding of fitness testing procedures (HWB 3-22a)</p>	<p>Effective contributors - listening and following rules</p> <p>Responsible citizens - taking out & organising equipment</p>	<p><u>Kinaesthetic Awareness</u></p> <p>Takes calculated risks showing an awareness of self, others and safety in practice and performance environments.</p> <p><u>Gross and Fine Motor Skills</u></p> <p>Consistently performs specialised movement skills/techniques with precision in practice and performance environments.</p> <p>Consistently uses eye/hand and eye/foot coordination as part of a skillful performance</p>	<p><u>I can...</u></p> <p>> make a decision about where I need to be with regards to my position and the position of the ball.</p> <p>> perform movement skills e.g. creating space in hockey confidently and consistently.</p> <p>> consistently use a variety of complex skills with confidence, to improve my level of performance.</p>
2	<p>Teach passing skills</p> <ul style="list-style-type: none"> • Bounce • Chest • Shoulder <p>Introduce passing & moving</p> <p>Use 1v1/2v2</p> <p>Passing games (end games)</p>	<p>Apply skills with accuracy and control (HWB 3-21a)</p>	<p>Confident individuals - developing confidence within the skill</p>	<p><u>Stamina</u></p> <p>Makes informed choices and decisions for sustaining moderate to vigorous physical activity.</p> <p><u>Core Stability and Strength</u></p> <p>Consistently demonstrates precision through the use of balance, postural control and the links to core stability.</p> <p>Consistently applies core stability and strength in physical activities for successful performance.</p>	<p>> understand how, why and when to work at a level of activity that consistently provides my body with an appropriate level of challenge.</p> <p>> demonstrate precision by using balance, postural control and core stability.</p> <p>> consistently use core stability and strength to improve my overall performance in a game situation.</p>
3	<p>Teach passing skills</p> <ul style="list-style-type: none"> • Bounce • Chest • Shoulder <p>Introduce passing & moving</p>	<p>Apply skills with accuracy and control (HWB 3-21a)</p>	<p>Confident individuals - developing confidence within the skill</p> <p>Successful learners - learning the correct techniques</p>	<p><u>Determination and Resilience</u></p> <p>Understands and demonstrates the positive link between effort, perseverance and personal achievement.</p> <p>Develops the ability to manage emotions to enhance performance.</p>	<p>know how and show how increased effort and not giving up can lead to improved performance.</p> <p>> recognise the variety of</p>

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	Use 1v1/2v2 Passing games (end games)			Recognises the variety of emotions that are associated with performing and the impact they have on behavior and performance. Initiates and adopts coping strategies in response to the outcomes of competition. <u>Communication</u> Demonstrates knowledge and understanding of a range of verbal and non-verbal communication skills and applies them appropriately and confidently in practice and performance environments	<i>emotions associated with physical performance and the impact that they can have on behavior and performance.</i> <i>> adopt a variety of strategies to deal with situations related to managing my emotions.</i> <i>> demonstrate knowledge and understanding of verbal and non-verbal communication skills and can apply them in practice and performance environments.</i>
4	Develop shooting skills Set shot - (wall check) <ul style="list-style-type: none"> • B - Bend knees • E - Elbow In • E - Eyes on basket • F - feet balanced Shooting games <ul style="list-style-type: none"> • Around the world • Bump • 21 Introduce x court games	Select and apply movement skills and strategies (HWB 3-21a) Analyse own and others conduct (HWB 3-23a)	Confident individuals - developing confidence within the skill Successful learners - learning the correct techniques	<u>Decision Making</u> Makes decisions when presented with a greater variety of options and can explain why. <u>Multi-processing</u> Takes in and makes sense of several pieces of information at the same time, from a number of different sources which will contribute to successful performance.	<i>> make informed decisions when presented with a variety of options.</i> <i>> take on some information in a game situation and try to play the ball to a teammate or exploit space.</i>
5	Develop Lay up (right handed) <ul style="list-style-type: none"> • Teach in stages 	Apply skills with accuracy and control (HWB 3-21a)	Effective contributors - contribute to personal fitness level		

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	Introduce x court games - establish teams and stay with them for the block	Develop levels of fitness and understanding of fitness testing procedures (HWB 3-22a)			
6	Continue developing lay-ups & introduce rebounding Peer assessment sheet completed <ul style="list-style-type: none"> Pupils should recognise strengths and development needs X court games	Apply skills with accuracy and control (HWB 3-21a) Develop levels of fitness and understanding of fitness testing procedures (HWB 3-22a) Analyse movement (HWB 3-24a)	Successful learners - learning the correct technique		
7	Continue developing lay-ups & introduce rebounding X court conditioned games (4v4)	Understand how to work effectively with a partner or a group (HWB 3-23a) Develop appropriate decision making and problem solving skills through analyzing, evaluating and applying (HWB 3-21a) Analyse and evaluate	Successful learners - learning correct protocol Responsible citizens - work together as part of a team Effective contributor - giving feedback to peers		

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		<p>personal performance and peer performance (HWB 3-24a)</p> <p>Analyse movement (HWB 3-24a)</p>		
8	<p>Man marking skills</p> <ul style="list-style-type: none"> • Always stay basket-side • Stay 1m until player has used dribble <p>Roles and relationships (4v4)</p> <ul style="list-style-type: none"> • Dribbler • Passer x2 • Shooter 	<p>Select and apply movement skills and strategies (HWB 3-21a)</p> <p>Understand and undertake a variety of roles and responsibilities (HWB 3-23a)</p> <p>Identify and understand personal strengths and development needs and strengths and development needs of others (HWB 3-24a)</p>	<p>Successful learners - correct techniques performed in games</p> <p>Effective contributors - working together as part of a team</p>	
9	<p>Develop man marking skills</p> <p>Develop skill through cross court games</p>		<p>Effective contributors - contribute own strengths to performance</p> <p>Confident individuals - performing strengths which benefit the</p>	

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			team	
10	<p>Develop man marking skills</p> <p>Develop skill through cross court games</p>	<p>Select and apply movement skills and strategies (HWB 3-21a)</p> <p>Develop levels of fitness and understanding of fitness testing procedures (HWB 3-22a)</p>	<p>Effective contributors - contribute own strengths to the team</p> <p>Confident individuals - develop individual performance</p> <p>Successful learners - perform all skills in competitive environment</p>	
11	<p>Develop basic attacking principles</p> <p>Introduce team tactics - cooperation & teamwork</p> <p>Develop all skills through cross court games</p>	<p>Select and apply movement skills and strategies (HWB 3-21a)</p> <p>Understand and undertake a variety of roles and responsibilities (HWB 3-23a)</p> <p>Understand how to work effectively with a partner or a group (HWB 3-23a)</p>	<p>Effective contributors - work as part of a team</p> <p>Confident individuals - develop individual performance</p> <p>Successful learners - perform all skills in competitive environment</p>	
12	Develop team tactics for	Analyse own and others conduct (HWB 3-23a)	Effective contributors / Responsible citizens	

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	attacking	<p>Understand how to work effectively with a partner or a group (HWB 3-23a)</p> <p>Develop appropriate decision making and problem solving skills through analyzing, evaluating and applying (HWB 3-21a)</p> <p>Engage in physical challenging experiences (HWB 3-22a)</p>	<p>- contribute own strengths to the team</p> <p>Confident individuals - develop individual performance</p> <p>Successful learners - perform all skills in competitive environment</p>	
13	Begin class tournament	<p>Analyse own and others conduct (HWB 3-23a)</p> <p>Understand how to work effectively with a partner or a group (HWB 3-23a)</p> <p>Engage in physical challenging experiences (HWB 3-22a)</p>	<p>Effective contributors / Responsible citizens</p> <p>- contribute own strengths to the team, work together</p> <p>Confident individuals - develop individual performance</p> <p>Successful learners - perform all skills in competitive environment</p>	
14	Continue class	Analyse own and others	Successful learners -	

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	<p>tournament</p> <p>Assessment of performance</p>	<p>conduct (HWB 3-23a)</p> <p>Understand how to work effectively with a partner or a group (HWB 3-23a)</p> <p>Engage in physical challenging experiences (HWB 3-22a)</p> <p>Appreciate and celebrate personal success and that of others (HWB 3-24a)</p>	<p>demonstrate improvements to performance</p> <p>Confident individuals - appreciate individual efforts and improvements</p>	
15	<p>Continue class tournament</p> <p>Assessment of performance</p>	<p>Analyse own and others conduct (HWB 3-23a)</p> <p>Understand how to work effectively with a partner or a group (HWB 3-23a)</p> <p>Engage in physical challenging experiences (HWB 3-22a)</p> <p>Appreciate and celebrate personal success and that of others (HWB 3-24a)</p>	<p>Successful learners - demonstrate improvements to performance</p> <p>Confident individuals - appreciate individual efforts and improvements</p>	

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