

Lesson 1 : Invasion Games

Basketball

Physical Development - Building Understanding

Alistair



Activity Card

Invasion Games: Basketball



Try to pass the ball in different ways e.g. a chest pass.



Practise your basketball dribbling skills, bouncing the ball as you move.



Practise your catching skills, keeping your hands up and your eyes on the ball.

Explore different ways to pass a basketball to your teammate.

Refine your skills, thinking about the direction and power of your passes.

Begin to move confidently in different directions.

Aim for a target (the basket) with increasing accuracy.



Aim for a range of targets and try to score a basket.

