

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 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.



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



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

