

Lesson 2 : Invasion Games

Basketball

Physical Development - Building Understanding

Alistair



For this lesson you will need

- Basketball
- Soft ball
- Targets



Let's get ready

- Find a quiet, clear space to work away from distractions.
- Ensure the area is safe and that your child is feeling fit and well to take part in the lesson.
- Check you are wearing the right clothes for sport & physical activity.
- Make sure your resources are nearby.
- Use a familiar reference to prepare the learner that the activity is going to start. This could be a symbol, sound or song.



Warm up...

Stretch

Jog

Jump

Stretch, walk, jog and jump to get our muscles ready to play basketball (warm up can last between 2 & 5 minutes).



Sequences of movement...

Movement

Direction

Speed

Practise moving in different directions and highlight different levels of movement (low to high). Change the speed of movement from a slow walk to jogging and moving more quickly.



Skills...

Catch

Pass

Target

Practise our skills of passing and catching. Begin to pass more accurately (aiming at targets) and perform skills whilst moving (walk, jog, run).



Make it easier

*Explore basketball through sensory activities e.g. cover the ball in different materials.

*Focus on fewer skills / movements and progress at a pace appropriate to the learner.

Make it harder

*Look at our masterclass and explore 'top tips' from elite athletes.

*Begin to link movements and skills together to create a sequence.

More ideas

*Ask a parent or carer to help you search for and watch basketball-specific content online.

*Find your nearest basketball court / net and practise your skills.



STEP Principle

***All of our activities can be adapted using the step principle
(Space, Task, Equipment, People)***

e.g. Balloon with beads in to support visually impaired learners / Bigger, brighter resources / Adapt space & activities to suit wheelchair users e.g. cover the ball in a range of tactile materials to provide a sensory element to basketball.



Share your work with Oak National

If you'd like to, please ask your parent or carer to share your work on **Instagram, Facebook** or **Twitter** tagging **@OakNational** and **#LearnwithOak**

