

# 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**

