



Class Cremyll  
Spring 1 2023 PE  
Games 2-  
Basketball

# Session 1

## Can you roll and stop a ball?

We worked with a partner to roll the ball to each other from different distances. We practiced rolling and stopping the ball with 1 and 2 hands.



## Session 2

# Can you throw and catch a ball whilst on the move?

We took our skills from last week and the children started by throwing and catching the ball by themselves whilst stood still and then whilst walking around the hall. They then worked with a partner to throw and catch whilst moving around the hall.



# Session 3

## Can you control a ball whilst on the move?

This week we used the tennis balls to work on our dribbling and control skills. We had cones set up in the hall to navigate round and a series of gates to pass through. We then played games where we had to control the ball through obstacles.



# Session 4

## Can you bounce a ball?

This week we began by sitting with a partner and bouncing the ball to each other from different distances. We then practiced bouncing and catching the ball when stood up, first by ourselves and then with a partner.



# Session 5

## Can you bounce a ball whilst on the move?

For this session, we took our bouncing skills from last week and moved around the hall with bigger balls. We practiced bouncing and catching with a partner and in small groups using one and two hands.





To use my skills in a game of basketball.

Our Endpoint

### Forever Facts

Using 2 hands gives greater control over the ball.

Basketball is played in many countries around the world.

Basketball is a fast-paced sport played between two teams.

Players move the ball around the court by throwing, or passing, it to a teammate.

### What I have learnt before.

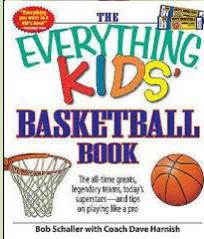
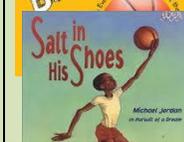
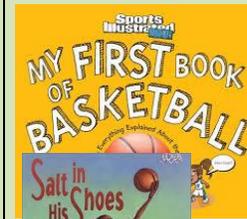
Balance.

Working with a partner.

Giving feedback.

Rolling a ball

### Exciting Books



### Personal Development

Social – Working with and supporting a partner.

Spiritual – reflecting on what we have achieved.

### Subject Specific Vocabulary

bounce	To move quickly up and then down
exercise	to be physically active
active	to move
control	to be in charge of your body movements
coordination	the ability to use different body parts together smoothly
balance	The distribution of weight to ensure that we are able to stand upright and steady

### Skills

Copy and repeat simple skills and actions, bounce, pass, receive.

Understand the importance of being active.