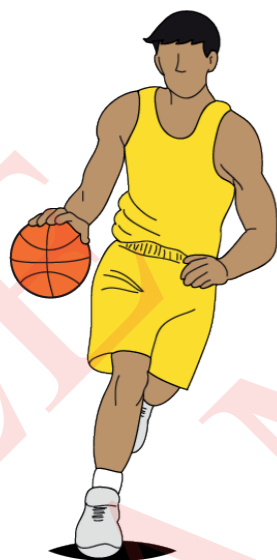


Basketball

3

Y A N

- Attempt to bounce the ball with two hands with help and assistance.
- Pick up the ball off the floor and carry it. Attempt to bounce the ball with two hands with help and with assistance chase after the ball and pick it up.
- Attempt to dribble the ball with alternate hands.
- Ask how you can improve your dribbling technique.
- Attempt to dribble the ball with strongest hand.
- Co-ordinate body parts in an attempt to dribble against an opponent.
- Dribble when your head is down and you're looking at the ball.
- Only dribble when my head is down and I am looking at the ball.
- Recognise when you do not dribble correctly.
- Sometimes have difficulty in games situations when dribbling.
- Sometimes look at the ball and keep your head down when dribbling.
- Suggest a reason how it might be possible to outwit a partner when dribbling.
- Understand when you do not dribble correctly.
- Attempt to dribble the ball with two hands.



4

Y A N

- Apply and demonstrate basic safety principles when warming up, dribbling with the ball, beating an opponent.
- Comment on your own and others dribbling skills and actions and explain how these can improve the overall performance (e.g. Attempts at the basket, slow break and poor body positioning).
- Demonstrate how to apply dribbling skills and tactics when attacking in a bid to outwit.
- Dribble the ball with success over short distances.
- Keep the ball successfully in games and exercise, when dribbling.
- Select and combine dribbling skills and techniques with some accuracy in a bid to outwit an opponent (including control, pass, dribble, shoot, pivot).
- Show inaccuracy when dribbling.
- Show poor timing in leg and arm action when dribbling.
- Suggest ways a person or team could be successful during small conditioned games when dribbling
- Think of more than one way to be successful when outwitting an opponent with a dribbling manoeuvre.
- Use limited dribbling skills and basic techniques when playing in a variety of positions.



Dribbling

5

Y A N

- Change your actions in response to changes in your environment when dribbling.
- Control the ball using either hand when dribbling.
- Control the ball using either hand. Modify and refine skills such as dribbling techniques, to improve my performance.
- Dribble the ball using either hand.
- Keep my head up when dribbling to improve your vision.
- Lead dribbling specific practices safely and explain how the body reacts during activity.
- Modify and refine skills such as dribbling techniques to improve your performance.
- Show a sound level of control when dribbling.
- Show development in a range of physical attributes combined with a logical thought process and determination to show an improvement in your dribbling performance.
- Sometimes be inconsistent with timing when dribbling.
- Sometimes display poor timing when dribbling, in offense or defence.
- Successfully dribble around an opponent.
- Take on roles in various positions within the game and attempt to outwit an opponent by using simple fakes and deception when dribbling.
- Understand and state what you need to do to improve your dribbling and carry out ideas and practices given to you by your teacher.
- Keep your head up when dribbling to improve your vision.



6

Y A N

- Adjust your performance in relation to the physical demands of the activity (speed, strength, flexibility, endurance, cardiovascular fitness), while also displaying a mental determination to succeed when dribbling.
- Analyse how dribbling technique has been used in activities to outwit opponents and describe the impact of each. Suggest ways to improve.
- Be imaginative in your attempts to outwit when dribbling.
- Consistently use dribbling skills with fluency, speed, accuracy and control, showing more precision when time and space allow and incorporate these when attempting to outwit opponents (e.g. sound ball handling skills).
- Demonstrate a good knowledge of rules and dribbling tactics used in games.
- Drive from your weaker side - but may not dribble with non-dominant hand.
- Lead dribbling specific practices, applying rules consistently. Describe how involvement in physical activity benefits a healthy lifestyle.
- Show more precision when you have time and space in defending when dribbling and you are able to follow team tactics.
- Suggest ways how someone can improve a skill activity or a team play when performing by changing body position or timing, using deception when dribbling.
- Use both hands when dribbling.



Basketball

7

Y A N

- Demonstrate very good timing and accuracy when dribbling within games.
- Dribble with alternate hands.
- Dribble with both hands.
- Evaluate the quality of your own and others performance individually or part of a team and make decisions on how dribbling can be improved (e.g. Controlling the ball, invading space to drag defenders).
- Explain the benefits of regular, planned exercise upon health and carry out my own activity programmes based on dribbling.
- Investigate the physical fitness components required for your own individual needs as well as your own position. Take into consideration your own strengths, weaknesses and set targets to improve dribbling.
- Lead a dribbling specific warm up to a larger group with more technical aspects.
- Lead an event specific warm up to a larger group with more technical aspects aimed towards dribbling.
- Select and use advanced ball skills and techniques when dribbling to outwit an opponent (e.g. Control, dummies, side stepping, quick breaking, competent use of weaker hand, able to drive off either foot).
- Select and use advanced dribbling techniques with high level of success.
- Show a desire to achieve success for yourself and others in attack when dribbling.
- Show a mental ability to solve immediate problems in order to achieve success for yourself and others when dribbling.
- Show advanced dribbling skills on the court to dominate the play, exploiting team weaknesses and creating attacking opportunities.

8

Y A N

- Consistently distinguish between advanced dribbling skills, techniques and ideas and apply this when outwitting opponents.
- Consistently show high standards of precision, control, fluency and originality when outwitting opponents dribbling (e.g. Control, dummies, side stepping, quick breaking, quality use of weaker hand within all aspects of basketball).
- Critically analyse your own and others work suggesting ways how the tactics, strategies, dribbling skills and fitness can affect the performance in a game. How can zone defence be broken down?
- Critically evaluate the quality of your own and others performance, showing that they understand the impact of dribbling skills, strategy and tactics on the quality of performance when trying to outwit opponents.
- Lead others in activities/warm ups and be able to individually set up dribbling practices and enhance other students performances and learning.
- Using your knowledge of health, fitness and social wellbeing to plan a detailed training programme for a performer that relates to dribbling skills, taking into consideration their strengths, weaknesses and show a technical understanding of how to overcome problems faced in Basketball.

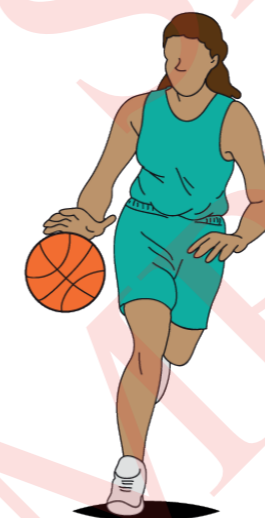


Dribbling

9

Y A N

- Consistently use and apply advanced dribbling skills, techniques and ideas, always showing high standards of precision, control, fluency and originality when controlling, dummies, side stepping, quick breaking, quality use of weaker hand.
- Reach judgements independently about how my own and others' dribbling performance could be improved, prioritising aspects for further development when attacking and outwitting opponents.
- Show high dribbling standards within competition making outstanding decisions which bring success to the performance (e.g. creating hard to break down defences, setting up unexpected and unique attacking plays).
- Consistently demonstrate complex dribbling skills and successfully adapt these to changing situations within game play to gain ascendancy over teams or opponents when attacking.
- Critically analyse and judge your own and others dribbling performance. Showing that you understand how dribbling strategies, tactics and fitness relate and affect the quality and originality of performance when outwitting opponents.



Notes:

