

Lesson no. 1	Subject: Basketball	Lesson description: Hook shot	Year: 10	Group:	Ability:	Day:	Period:	Duration:	Total No.: M: F: SEN:
Objectives:	To be able to confidently perform with accuracy, the Hook shot. To develop knowledge and understanding of the Hook shot, and where and why it is performed in Basketball. To incorporate the hook shot into a small sided game of Basketball								
Activity	Description	Objectives	Teaching Points	Differentiation	Assessment and Evaluation of Performance	Creativity, Resilience and Tactics	Link to Theoretical PE Aspects		
Warm Up	3 MAN WEAVE	To comprehend and grasp the importance of a warm up To confidently perform with accuracy, the 3 man weave correctly	Pass and Follow ball Do not dribble Use lay up to score	↑ Allow dribble ↑ Catch re - bound	Observe pupils performances ☐ Use warm up cards with key phrases	R+ Observe a student who has a drive to succeed R+ Students learn from the positives and negatives	Q). The Skeletal system has several functions correctly identify and describe 3. Q). Relate the three identified functions of the skeletal system to practical applications in basketball Q). Correctly identify the different classifications of joints? Provide an example of each joint and describe the movements that they allow, in a sporting context Q). Define training threshold. Q). Sam is 22 years old and has a maximum heart rate of 220. Show the calculation to show same target zone to improve aerobic fitness		
Pair Stretching	Students arranged in a circle. Teacher leads through series of stretches and questions students as to what muscles we were stretching.	To understand the importance of stretching at the start of the session. To know the names of major muscles. To carry out in pairs correct stretching routines safely.	Hold stretches for 8 seconds. No bouncing.	↑ Get pupils to incorporate stretching with Objects used within Basketball	Q & A on benefits of stretching and their warm ups	R+ Students build up a sense of togetherness			
Hook shot	Shoot from underneath the basket using both hands	To be able to confidently perform with accuracy, the Hook shot To develop knowledge and understanding of the Hook shot, and where and why it is performed in Basketball To incorporate the hook shot into a small sided game of Basketball To be able to critically evaluate how well the hook shot is and how it has been achieved and finding ways to improve it. To be able to outwit opponents with a hook shot	- Start with back to basket - Pupil steps so that he has body between defender and the basket - Looks over shoulder - Shooter jumps up with two hands - Flick of wrist and fingers in direction of basket.	↑ Decrease distance	☑ Pupils state, identify and reflect on the strength and weaknesses of Hook shots and performances. 👁 Assess the mistakes made when in Hook shot	✍ Pupils develop, adapt and refine skills, strategies and tactics used in this section R+ Students accept their own responsibility to the learning			
	Pass and go, the Hook shot					✍ Can they outwit the defenders using the hook shot ✍ Pupils must work on incorporating the weaker hand R+ Reward grit and determination when learning new skills			
Hook shot and / or Rebound	Dribble to basket and accurately replicate and perform hook on opposite time. Partner catches the re-bound			↑ Use weak / non – dominant hand to shoot and dribble. Improve their technique and ability to drive to the basket using both hands and score 👁 Assess impact measured through the hook shots	☑ Use sheets to highlight these and enable them to plan, evaluate and implement ways to enhance the hook shots				
Testing and Targets	In pairs: Under the basket A rolls and shoots, the B rolls and shoot, A rolls and shoot	To incorporate Hook shots within games of Basketball To be able to confidently perform with accuracy, the Hook shot accurately and correctly	- Aim for basket	↑ Use opposite hand to shoot	☑ Pupils evaluate movements and accuracy of the hook shot	✍ Devise drills through whole part whole which help to incorporate the hook shot R+ Can they create their own drills R+ Respect others opinions on how they would change to the drill R+ Students must believe in themselves			
Games	5 V 5 Full Court – Hook shots only	To incorporated all previously learnt skills (fine or whole), performances, components, strategies, tactics, competence and imagination into full sided games. To comprehend and grasp how to confidently perform with accuracy, these skills and the laws and regulations of these in Basketball.	- They cannot go out of court in contact with the ball. - No contact allowed - Must play within laws - The pupils must use either a set shot, jump shot or lay-up to score. - They can use any type of method within the rules to advance.	↑ 3 pts for hook shots	☑ Evaluate Hook shooting within the games 👁 Assess the in jump shot mistakes made in the games 👁 Can the player intercept the shots?	✍ Pupils devise strategies and skills to improve performance and gain ascendancy 🗨 Discuss how performers can use the Hook Shot to outwit opponents in games R+ What mindset do they have when they have lost?			
Leadership & Coaching	Create 2/3 drills to work on their hook shots when mistakes arise within the games	To be able to modify and refine shooting with the Basketball	Give clear instructions and teaching points for shooting in Basketball. Give praise, but if same mistakes made then continue with drills.	↑ Students look at ways of improving their shooting skills with fewer errors	👁 Assess the strategies used when coaching shooting	R+ Coaches establish and negotiate boundaries of players.			
Officiating	Officiate the Game with help by staff	To be able to officiate the Game correctly using the correct signals, comments, scoring and techniques.	Use the correct signals. Use the arms and body movements to stop the action. Get in the right positions to make accurate decisions. Be f	Focus on the rules regarding shooting	👁 Assess what skills need to improve when officiating	R+ Demonstrate traits that we can build or strengthen.			
Cool Down	3 Man weave from a run into a walk whilst dribbling	To understand why you Cool Down and do rhythmical movement after exercise	- Gentle walking speed. - Take in deep breaths - Keep upright	↑ Ask pupils questions why a Cool down is essential after exercise	👂 Ask students for feedback regarding their performances ☐ Use cool down cards with key phrases	✍ Pupils create a new cool down for Hook Shooting			
Active lifestyle & Social Guidance		Discuss all the different career pathways in Basketball							
Equipment		Basketballs, Baskets, Cones / Markers, Bibs, Whistle, Stopwatch, Chalk, Peer evaluation Sheets, TV, Video, Camera, Digital Camera							
Healthy Lifestyles and well being		Discuss SMART principles for Basketball players							