

**Westhoughton High School**  
**Basketball Curriculum outline**

**Lesson Sequence**

- 1: Passing
- 2: Dribbling
- 3: Shooting and attacking
- 4: Defending and zones
- 5: Game play

Year 7	Year 8	Year 9	KS4
<p><b>Passing</b></p> <p><b>PE</b>-Perform basic passes-Chest, bounce and shoulder used in Basketball. <b>(1)</b></p> <p><b>Sport</b>-Use appropriately in a conditioned game. <b>(2)</b></p> <p><b>Health</b>-Understand the definition of power and why you need it to pass Know 3 different fitness components and their relevance to the sport. <b>(3)</b></p> <p><b>Character</b>-Teamwork and fair play, Confidence, Resilience, communication <b>(4)</b></p>	<p><b>Passing</b></p> <p><b>PE</b>-Perform the chest, shoulder, bounce and overhead with accuracy and precision.<b>(1)</b></p> <p><b>Sport</b>-Select the appropriate pass to use whilst under pressure. <b>(2)</b></p> <p><b>Health</b> Know 3 different fitness components and their relevance to the sport. Know the fitness tests for specific components of fitness</p> <p><b>Character</b> Teamwork and fair play, Confidence, Resilience, communication <b>(4)</b></p>	<p><b>Passing</b></p> <p><b>PE</b>-Refine the different passes over different distances and at different speeds</p> <p><b>Sport</b>-Select and apply the appropriate pass to use in a competitive situation. Pass to player and space.<b>1,2</b></p> <p><b>Health</b>- Know 3 different fitness components and their relevance to the sport. Know the fitness tests for specific components of fitness. Know how a fitness of component can be improved.</p> <p><b>Character</b> Teamwork and fair play, Confidence, Resilience, communication <b>(4)</b></p>	<p><b>Passing</b></p> <p><b>PE</b>- Refine passes and perform free throws.</p> <p><b>Sport</b>-Select and apply the appropriate pass to use in a competitive situation. Apply with speed and power.<b>1,2</b></p> <p><b>Health</b>- Know 3 different fitness components and their relevance to the sport. Know the fitness tests for specific components of fitness. Know how a fitness of component can be improved. Interpret data</p> <p><b>Character</b> Teamwork and fair play, Confidence, Resilience, communication <b>(4)</b></p>
<b>Dribbling</b>	<b>Dribbling</b>	<b>Dribbling</b>	<b>Dribbling</b>

<p><b>PE</b>-Introduction to dribbling-dominant and non-dominant hand. Apply triple threat position <b>1</b></p> <p><b>Sport</b>-Know when to dribble and when to pass. Follow the double dribble rule <b>2</b></p> <p><b>Health</b>- Know 3 different fitness components and their relevance to the sport. Be able to define speed and understand its importance when dribbling. <b>3</b></p> <p><b>Character</b>-Teamwork and fair play, Confidence, Resilience, communication <b>(4)</b></p>	<p><b>PE</b>-Dribbling at speed and introduction of travel and double dribble <b>1,2</b></p> <p><b>Sport</b>-Identify when the double dribble rule has been broken.</p> <p><b>Health</b> Know 3 different fitness components and their relevance to the sport. Know the fitness tests for specific components of fitness</p> <p><b>Character</b>-Teamwork and fair play, Confidence, Resilience, communication <b>(4)</b></p>	<p><b>PE</b>-Application of crossover dribble</p> <p><b>Sport</b>-Cross over dribble applied into competitive situations.<b>1,2</b> Umpire and call for travelling</p> <p><b>Health</b>- Know 3 different fitness components and their relevance to the sport. Know the fitness tests for specific components of fitness. Know how a fitness of component can be improved</p> <p><b>Character</b> Teamwork and fair play, Confidence, Resilience, communication <b>(4)</b></p>	<p><b>PE</b>-Spin dribble and explore when to dribble and when to pass.</p> <p><b>Sport</b>-Triple threat application. <b>1,2</b> Umpire double dribble and time dribbling</p> <p><b>Health</b>- Know 3 different fitness components and their relevance to the sport. Know the fitness tests for specific components of fitness. Know how a fitness of component can be improved. Interpret data</p> <p><b>Character</b> Teamwork and fair play, Confidence, Resilience, communication <b>(4)</b></p>
<p><b>Shooting</b></p> <p><b>PE</b>-Set shot BEEF <b>1</b></p> <p><b>Sport</b>-Apply the set shoot technique in a conditioned game. Develop understanding of the points awarded for shooting.</p>	<p><b>Shooting</b></p> <p><b>PE</b>-Jump shot and set shoot BEEF <b>1,2</b></p> <p><b>Health</b> Know 3 different fitness components and their relevance to the sport. Know the fitness tests for specific</p>	<p><b>Shooting</b></p> <p>Lay up Dominant and non dominant hand <b>1,2</b></p> <p><b>Health</b>- Know 3 different fitness components and their relevance to the sport. Know the fitness tests</p>	<p><b>Shooting</b></p> <p>Selection of appropriate shots according to the competitive situation. Jump shot, lay up, set shot <b>1,2</b></p> <p><b>Sport</b>-Apply the <b>24 second rule on shooting</b></p>

<p><b>Health-</b> Know 3 different fitness components and their relevance to the sport.</p> <p><b>Character-</b>Teamwork and fair play, Confidence, Resilience, communication (4)</p>	<p>components of fitness</p> <p><b>Character</b> Teamwork and fair play, Confidence, Resilience, communication (4)</p>	<p>for specific components of fitness. Know how a fitness of component can be improved</p> <p><b>Character</b> Teamwork and fair play, Confidence, Resilience, communication (4)</p>	<p><b>Health-</b> Know 3 different fitness components and their relevance to the sport. Know the fitness tests for specific components of fitness. Know how a fitness of component can be improved. Interpret data</p> <p><b>Character</b> Teamwork and fair play, Confidence, Resilience, communication (4)</p>
<p><b>Defending</b></p> <p><b>PE-</b>Man to man marking 1,2</p> <p><b>Health-</b> Know 3 different fitness components and their relevance to the sport.</p> <p><b>Character-</b>Teamwork and fair play, Confidence, Resilience, communication (4)</p>	<p><b>Defending</b></p> <p>Half court man to man defence 1,2</p> <p><b>Health</b> Know 3 different fitness components and their relevance to the sport. Know the fitness tests for specific components of fitness</p> <p><b>Character</b> Teamwork and fair play, Confidence, Resilience, communication (4)</p>	<p><b>Defending</b></p> <p>Half court and full court defences 1,2</p> <p><b>Health-</b> Know 3 different fitness components and their relevance to the sport. Know the fitness tests for specific components of fitness. Know how a fitness of component can be improved</p> <p><b>Character</b> Teamwork and fair play, Confidence, Resilience, communication (4)</p>	<p><b>Defending</b></p> <p>Select the most appropriate defence to use in a game situation. 1,2</p> <p><b>Health-</b> Know 3 different fitness components and their relevance to the sport. Know the fitness tests for specific components of fitness. Know how a fitness of component can be improved. Interpret data</p> <p><b>Character</b> Teamwork and fair play, Confidence, Resilience, communication (4)</p>

Game play	Game play	Game play	Game play
<p><b>PE</b>-perform the skills required to participate in Basketball.</p> <p><b>Sport</b>-Be able to follow rules -Know of the travelling rule <b>1,2</b></p> <p><b>Health</b>- Know 3 different fitness components and their relevance to the sport. <b>3</b></p> <p><b>Character</b>-Teamwork and fair play, Confidence, Resilience, communication <b>(4)</b></p>	<p><b>PE</b>-perform the skills required to participate in Basketball.</p> <p><b>Sport</b>-Be able to identify when a rule has been broken and implement attacking and defensive play <b>1,2</b></p> <p><b>Health</b> Know 3 different fitness components and their relevance to the sport. Know the fitness tests for specific components of fitness</p> <p><b>Character</b> Teamwork and fair play, Confidence, Resilience, communication <b>(4)</b></p>	<p><b>PE</b>-perform the skills required to participate in Basketball.</p> <p><b>Sport</b>-Be able to officiate small game-travel, contact and attacking half rule <b>1,2</b></p> <p><b>Health</b>- Know 3 different fitness components and their relevance to the sport. Know the fitness tests for specific components of fitness. Know how a fitness of component can be improved</p> <p><b>Character</b> Teamwork and fair play, Confidence, Resilience, communication <b>(4)</b></p>	<p><b>PE</b>-perform the skills required to participate in Basketball.</p> <p><b>Sport</b>-Use the appropriate hand signals and apply the rules correctly. Advise team on tactics to outwit their opponent. <b>1,2</b></p> <p><b>Health</b>- Know 3 different fitness components and their relevance to the sport. Know the fitness tests for specific components of fitness. Know how a fitness of component can be improved. Interpret data</p> <p><b>Character</b> Teamwork and fair play, Confidence, Resilience, communication <b>(4)</b></p>

**Key concepts: (referenced by a number above for lessons)**

These will be taught through football and have been referenced in the curriculum map. The knowledge in these 3 areas will develop over time.

- 1. PE-Motor competence**- students will develop coordination (hand-eye) to pass, dribble,shoot,control the ball and move into space.
- 2. Sport-Rules, strategies & tactics**- students will develop an understanding of the rules in basketball, apply strategies to outwit an opponent, attack and defend as a team and use tactics and formations to perform better as a team.
- 3. Health -Healthy participation**- students will develop their aerobic endurance, speed and agility through participating in basketball. Lessons will increase HR in the ST and this will

have a positive impact on health in the LT. For some student's participation in lessons will encourage students to attend extracurricular clubs at school and even play basketball outside of school.

4: Character- Learners will develop their understanding of teamwork, fair play, confidence, resilience, communication. They will be able to develop character qualities.