

# Basketball EYFS

## Overview

### Week 1:

- Ball Familiarisation
- Bounce and catch the ball

### Week 2:

- Bounce and catch the ball on the move
- Bounce pass to partner taking 2/3 bounces stationary

### Week 3:

- Bounce ball with one hand continuously up to 5 bounces
- Bounce pass to partner taking 1 bounce stationary

### Week 4:

- Give the ball to a partner using chest pass technique
- Basic two hand dribbling

### Week 5:

- Chest pass stationary and moving
- Bounce passes stationary and moving

### Week 6 + 7:

- Walking and bounce ball with one hand
- Shooting with basic technique

# Basketball Key Stage 1

## Overview

### **Week 1:**

- Ball Familiarisation
- Basic two hand dribbling

### **Week 2:**

- Chest pass stationary and moving
- Bounce pass stationary and moving

### **Week 3:**

- In pairs one handed bounce and then bounce pass and chest pass
- Walking and bounce ball with one hand

### **Week 4:**

- Passing
- Dribbling

### **Week 5:**

- Shooting

### **Week 6 + 7:**

- Defending
- Passing, Receiving, dribbling, and shooting

# Basketball Key Stage 2

## Overview

### **Week 1:**

- Ball Familiarisation
- Basics of dribbling

### **Week 2:**

- Passing – chest, bounce
- Combining Dribbling and passing

### **Week 3**

- Dribbling and Passing under pressure
- Layup technique

### **Week 4:**

- Layup with defender
- Shooting technique

### **Week 5:**

- Shooting under pressure
- Layups under pressure
- Basic defending technique

### **Week 6 + 7**

- Small sided games
- Conditioned games (end zones)