‘Curriculum is the Progression Model’

FUNdamental movement skills > Basketball

I know how to throw under-arm to stationary targets (Prog. Pointers—increase distance, list teaching points, reduce targets)

I know how to throw over-arm to stationary targets (Prog. Pointers—list teaching points, increase distance, reduce targets)

I know how to throw and catch in pairs without variables (Prog. Pointers—list teaching points, increase distance, reduce size/ predictability of object)

I know how to and when to use a javelin, chest and bounce pass (Prog. Pointers—Increase distance, add defender)

I know the strengths and weaknesses of attacking tactics in Basketball and when to select which approach and why. (Prog. Pointers - Height to play—inside, good shooters? Play on the outside

I know how and when to adapt shooting technique for success (set shot, lay up etc)

I understand the rules of Basketball sufficiently to make effective attacking decisions (Travelling, Double dribble, 24 Shot clock etc)

I can select and apply subject specific movements and utilise them in varied environments. I understand when and why to alter tactics.

I know the strengths and weaknesses of defensive tactics in Basketball and when to select which approach and why. (Prog. Pointers - Full court press, screen to weaker hand etc)

I know how to use leadership skills and my skills and knowledge to ensure my team make effective decisions during conditioned games