**Title: Basketball**

**Type: Basketball lay-up technique**

**Lesson Goal:** learn how to make a lay-up



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| **Instruction** | **Differentiation options** | **Extra info** |
| **Learning goals** * Making the one two rhythm (zie lay-up en pivot);
* Making a lay-up in practice and in the game.

Important points: You are able to:* Make a lay-up according to the rules;
* In the game, passing, catching and using the free space;
* Playing according to the rules of the basketball game.

Test In the lesson:You give each other accumulative grades for the lay-up (work in pairs);Evaluation of progress. **Pictures and instructions:** * Use hoops to show where your take off should be
* Run in an angle of 45 degrees towards the board;
* One hand is under the ball the other on the side of the ball;
* Righthanded students make the one two: right, left;
* Lefthanded students make the one two: left, right;
* You use the board and throw the ball from the right on the
* square above the basket (from the left if you are left-handed)
* On the last count your knee goes up and you jump towards the

board.* You keep the ball in two hands for as long as possible. One hand is

under the ball and one guides the ball on the side.* Lands on two legs.
 | You work in pairs. You give each other tips until the lay ups are done well. You are going to do the lay up 12 times. There are three ways to do the lay up:* **1)** You can make the lay-up, without bounce with a one-two rhythm. If you do this with the correct technique and you make it, then deduct two points from your total and that is your mark.
* **2**) You can make the lay**-**up with the bounce and the one two rhythm.If you do this with the correct technique and you make it then that is your score.
* **3)** You can make the lay up from the dribble and the one-two rhythm. If you do this with the correct technique and make it you add 2 points to your total and that is your grade.

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| **Field set-up:** |
| **Link to support/assessment document** |

**Additional pages if necessary:**