YEAR 7 BASKETBALL CYCLE SHEET

NAME: **CLASS**   **TARGET GRADE:**

STUDENT: SBE   BE   E   AE   SAE   **TEACHER:** SBE   BE   E   AE   SAE

ASSESSMENT OBJECTIVE- Students will be assessed playing a 5v5 game at the end of the unit. The assessment will take in account all the skills learned over the 6 week programme.

Target grade	Criteria	CURRENT LEVEL	Targets For Improvement	END OF UNIT GRADE
8-9	I can pass, receive and rebound the ball with good technique showing precision, control and fluency in a game		**Areas of your performance you would like to improve.**	
	I can dribble the ball with dominant and non-dominant hand showing precision, control and fluency under pressure		**1. At the end of this unit, I would like to improve my…**	
	I can lay-up and shoot the ball with good technique showing precision, control and fluency under pressure		_____ _____	
	I can explain some of my strengths and weaknesses as well as my peers and suggest some correction		_____ _____ _____ _____	
	I can officiate a small side game.		_____ _____	
	I can defend a player showing control, fluency and tactical awareness to outwit them		_____ _____ _____	
6-7	I can pass, receive and rebound the ball with some precision, control and fluency under pressure		_____ _____ _____	
	I can dribble the ball while moving with precision, control and fluency under pressure		_____ _____ _____	
	I can perform a lay-up and shoot the ball showing some precision, control and fluency allowing me to have some success		**At the end of this unit, I would also like to improve…**	
	I can describe some of my strengths and weaknesses as well as my peers and suggest some corrections		_____ _____ _____	
	I can apply the rules in a game situation		_____ _____	
	I can defend a player showing some control and fluency		_____ _____	
4-5	I can pass, receive and rebound the ball showing basic technique with little precision, control and fluency		_____ _____ _____	
	I can dribble the ball in a stationary position with some control and fluency		_____ _____	
	I can shoot the ball showing some basic technique with little precision, control and fluency		_____ _____	
	I can identify some of my strengths and weaknesses as well as my peers			

	I can apply some of the rules in a game situation			
	I can defend a player showing basic technique with some control and fluency			

6 WEEK PROGRAM
Week 1: Triple threat
Week 2: Effective dribbling
Week 3: Shooting
Week 4: Lay-up
Week 5: Man to man defence
Week 6: 5v 5 games

KEYWORDS- Passing, shooting, dribble, triple threat, lay-up, jump shot, set shot, free throw, traveling, double dribble, foul

Careers- coach, PE teacher, professional athlete, referee/official, sports organiser, sport journalist, Sport analyst

End of cycle self-assessment- Write a review of your performance over the cycle. Discuss the 'WWW' and 'EBI'. Include examples and reasons for why these are 'WWW' and 'EBI'.

WWW:
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EBI:
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TEACHER C OMMENT: