

Dribbling	I can bounce the ball with control keeping it below waist height and lower my centre of gravity to increase agility and control. I am aware of who is around me when I dribble.
Passing	I can perform a chest , bounce and lob pass and know when best to use each technique. I can time my passes well to enable my teammates to move onto the ball without stopping.
Shooting	I can use BEEF (balance, eyes, elbow, follow-through) to complete technically sound shots and I know how to use the backboard to assist my shooting technique.
Defending	Intercept – prevent the opposite team from passing by placing my body in the way. Block – Use my hands to block a pass or shot. Marking – I take responsibility to defend against specific players. Tackling – I can tap the ball away when my opponent is dribbling.
Attacking	I can use movement skills to find space and I can communicate in different ways to receive the ball. I can use fast, accurate passes and dummies to outwit my opponents. I can use my controlled dribbling skills to help my team attack.
Teamwork	I follow sporting values to work effectively in a group and respect the opinions of teammates.
Leadership	I share my opinions with my team and show good effort and determination to perform well.

Rules

2 opposing teams have to defend their own net and attack their opponent's. Players move by passing or dribbling with the ball, however will lose possession if they double-dribble (dribble the ball, hold it with both hands then dribble again or bouncing the ball with 2 hands) or travel (moving without bouncing the ball). Players score by shooting the ball into the hoop and defend by talking, blocking, intercepting or forcing their opponents into a mistake. Teams must stick to the boundaries of the pitch and possession passes to the opposing team if the ball goes out.

