

PE Lessons: Ball skills Lesson 2.

Throwing/ basketball.

Equipment: Basketball hoop/ring and basketball.



Alternative equipment. A sheet or towel over two chairs stacked on top of each other to make a hoop. Any size or shape ball.

Students will throw a ball into a hoop to see how many times they can land the ball in the hoop out of 10.

Starting at 1 metre from the hoop/basket/bucket, then 2 metres from the hoop/basket/bucket and then 3 metres from the hoop/basket/bucket.