

NAMES: _____

Teaching Games for Understanding

Rules of Bench-basketball:

Things you CAN do	Things you CAN'T do	Action
Take one step and pivot when you have the ball	Dribble the ball	Give the ball to opposite team in the space you made the fault
Stay on the green area	Take the ball outside of the green area	Give the ball to the opposite team- they will take from outside the line
Have 1 bat to get the ball under control	Have control of the ball and bounce it and gain control again	Give the ball to opposite team in the space you made the fault
Score a goal in the hoop	-----	Take the ball back to the start
	Shoot/ throw the ball and catch it yourself	Give the ball to opposite team in the space you made the fault
Pass to one- another (bounce, chest or shoulder pass)		
	Contact someone from the opposition	Give opposite team the ball and stand by their side
Defend the person with the ball from 1m+ away	Defend the person with the ball 0-1m away	Give opposite team the ball and stand by their side

Evaluation Steps:

1. Have you watched your videos? Yes / No

2. Have a team discussion about what you saw... EVALUATE: what went well? What would make the team performance better?

3. Fill in the table below:

What went well? What should you continue doing?
1.
2.
3.

4. Fill in the table below:

What did not work so well? What areas could be improved?

5. Now design a practice to improve your 3 areas:

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6. Practically practice step number 5

7. Improve what you have done in the game.

8. What skills have you improved during this lesson?

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