



Elective: Basketball

Overview

Students will learn and develop the key basketball skills. Skills will be developed through a range of fun drills, games and practice matches. All our basketball electives take place indoors in a sports hall. This elective is suitable for students of all ability levels.

Learning Outcomes

Students will:

- Demonstrate improved shooting, passing and dribbling skills.
- Be able to perform basic offensive and defensive plays.
- work together with others to improve team performance.

Language Outcomes:

Students will be able to:

- follow instructions using specialist basketball vocabulary.
- communicate with team mates to coordinate attacking and defensive plays.
- describe the core rules and skills of basketball.

Sample Content

SESSION 1	SESSION 3
<ul style="list-style-type: none">• Rules of basketball, court markings• Ball control• Dribbling, passing and catching• Practice game	<ul style="list-style-type: none">• Attacking and defending• Communication and stance• Zone defence.
SESSION 2	SESSION 4
<ul style="list-style-type: none">• Shooting:• Lay-ups and rebounds• Jump shots and free throws• Practice games	<ul style="list-style-type: none">• Skills review• Mini tournament



FAQs

What should students wear?

Students should wear shorts and t-shirts and closed-toed sports shoes. Flip-flops or sandals are not permitted.

HOURS BREAKDOWN PER 2 WEEK COURSE	
TUITION HOURS	PROGRAMME CONTENT
English Tuition: 30 hours	Project work in the classroom (student learn through doing a project with a specific outcome such as a magazine, short film or performance)
Electives Tuition: 18 hours	Chosen elective . Students choose 3 electives per course. Language learning is integrated into all these activities. Students each receive a handbook containing instructions, tips, activities and language tasks.
TOTAL: 48	
ACTIVITY HOURS	
Evening Events: 20 hours	Evening events. The students usually come together as a group for the evening programme. Students participate in range of creative games, contests and shows which encourage team work, cooperation and above all communication in English.
Free Activity Time: 6 hours	Activity time These sessions are more relaxed with the focus on fun, making friends and relaxation. Activities can be sports, arts and crafts or whole group activities such as a Country Fair or a Sports Tournament.
TOTAL: 26	
STUDY TOURS	
Study Tours: 3 days (9am-6pm)	Study Tours: Every student attends 3 full day study tours over a two week course. Students are prepared for study tours in class and the trips are integrated into the academic programme. Every student will visit London at least once during their stay. Other popular destinations include: Oxford, Warwick Castle, Greenwich, Cambridge and Brighton.