

P.E.

Year 3 – Basketball



About this Unit

Basketball is an invasion game. An invasion game is a game where two teams play against each other. You invade (enter) the other team's space to try to score goals.

Knowledge & Skills

Knowledge:

To understand that as an attacker, you need to maintain possession to score goals and as a defender you need to stop the opposition and gain possession.

Skills:

To dribble, pass, receive and shoot the ball with some control.

To find space away from others and near to my goal.

To track an opponent to slow them down.

Golden Threads

Motor competence – Manipulate objects

- Run
- Jump
- catch
- dribble
- Throw
- Shoot

Healthy participation

How will this unit help your body?

Agility, balance, co-ordination, speed, stamina

Rules, strategies and & tactics

Double dribble: dribbling the ball with two hands at the same time and / or dribbling the ball, catching it and then dribbling again.

Travelling: moving with the ball without dribbling it.

Foul: you cannot push, hold or make contact with an opponent that stops their movement. If a rule is broken, the opposing team get a free pass

Using tactics will help your team to maintain possession and score goals or deny space, gain possession and stop goals.

YEAR 3	YEAR 4	YEAR 5	YEAR 6
I can dribble, pass, receive and shoot the ball with some control. I can find space away from others and near to my goal. I can track an opponent to slow them down.	I can dribble, pass, receive and shoot the ball with increasing control. I can move to space to help my team to keep possession and score goals. I can delay an opponent and help to prevent the other team from scoring.	I can dribble, pass, receive and shoot the ball with some control under pressure. I can communicate with my team and move into space to keep possession and score. I can use tracking and intercepting when playing in defence.	I can dribble, pass, receive and shoot the ball with increasing control under pressure. I can select the appropriate action for the situation and make this decision quickly. I understand when to use different styles of defence in game situations.

Key vocabulary

Intercept: to gain possession of the ball

Possession: to have

Pressure: to add challenge

Deny: to prevent an action happening