

P.E.

Year 5 – 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:

Sending and receiving: not having a defender between you and the ball carrier helps you to send and receive with better control.

Dribbling: dribbling in different directions and at different speeds will help you to lose a defender

Space: moving to space even if you do not receive the ball will help to create space for a teammate.

Skills:

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.

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

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.

YEAR 4

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.

YEAR 5

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.

YEAR 6

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

Ball side: the space between the ball carrier and the person you are marking

Rebound: when a player attempts to shoot a goal but the ball hits the basket or backboard and bounces back into play

Support: to help

Tactics: a plan that helps you to attack or defend

Turnover: when a team not in possession of the ball gains possession