

Autumn 2

Swans (Yr 6)

PE - Year 6 - Basketball

*What I should already know... principles of other invasion games, rules of other sports, fairness, tactics*

Learning Objectives

*To dribble with control under pressure.*

*To move into and create space to support a teammate.*

*To choose when to pass and when to dribble.*

*To use the appropriate defensive technique for the situation.*

*To develop shooting technique and make decisions about when to pass, dribble or shoot.*

*To apply principles, rules and tactics to a tournament.*

Vocabulary

Close Down to reduce the amount of space for an opponent

Create to make space

Pass to give the ball to a teammate

Foul an act by a player that breaks the rules of the game

Interception intercepting a pass made by an opposing player

Marking when a player defends an opponent

Shot the technique of trying to get the ball into the hoop

Possession to have the ball

Sportsmanship play fairly, respect others and be gracious in victory and defeat

Tactics a plan to help you attack and defend

Transition moving from attack to defend and defend to attack

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

Travelling is the movement of a player without bouncing the ball whilst moving, this is a foul

Double dribble is where two hands are used to bounce the ball rather than just one. This is a foul.

*Basketball is an invasion game. In this unit pupils develop their understanding of the attacking and defending principles of invasion games. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition.*

Links to the National Curriculum

*Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.*

*They should enjoy communicating, collaborating and competing with each other*

*They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.*

*Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination.*

*Pupils should be taught to play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.*

### Key Rules of Basketball

- *Dribbling advances the ball. Basketball players may only advance the ball by passing or dribbling (bouncing the ball on the floor) as they move up and down the court.*
- *Ball and ballhandler must remain inbounds. During gameplay, the player with possession of the ball must stay within the designated inbounds lines marked on the court.*
- *Defenders can't interfere with a shot on a downward trajectory. After the offensive player shoots the ball, it is illegal for a defensive player to interfere with it once it begins its descent toward the rim.*
- *Defenders can legally block or steal the ball. The defending team's goal is to prevent the offensive team from scoring by either stealing the ball, blocking the ball from entering the basket, or using defensive tactics to prevent an offensive player from shooting and scoring.*
- *Illegal contact results in a foul. When a basketball player commits illegal physical contact against an opposing player, the referees will call a personal foul.*

### Key Principles of Invasion Games

| <u>Key Principles of Attacking and Defending</u>  |  |
|---|--|
| <u>Attacking</u>  | <u>Defending</u>   |
| <ul style="list-style-type: none"><li>● <i>Score Goals</i></li><li>● <i>Create Space</i></li><li>● <i>Maintain Possession</i></li><li>● <i>Move the ball towards the goal</i></li></ul> | <ul style="list-style-type: none"><li>● <i>Stop goals</i></li><li>● <i>Deny Space</i></li><li>● <i>Gain Possession</i></li></ul> |

### Did you Know?

*Basketball was invented by International YMCA Training School (now Springfield College) Physical Education teacher James Naismith in 1891 as a way for students to keep fit and busy indoors during winter. The first hoop was made from a peach basket provided by the school janitor and nailed to a balcony ledge.*



