

PE Knowledge Organiser

Basketball

Key Skills

Footwork – Double dribble, Travelling
Defending
Shooting
Passing
Dribbling
Attacking



Physical Skills

Coordination
Agility
Balance
Strength
Teamwork
Motor Skills

Fitness Elements

Warming up
Cooling down
Changes in our body- feeling hot, out of breath, muscles feel tired, thirsty
Working our muscles- Strength, endurance
Working our hearts- cardio, stamina
Cognitive- Remembering prior learning

Vocabulary

Dribble
Pass
Shoot
High
Low
Handling
Back board
Hoop
Footwork
Double Dribble
Travelling
Teamwork
Invade
Defend
Attack
Pivot
Catching

Safety

Safe in a space
Look where you are going when travelling
Equipment appropriate for activity
Area safe for activity
Bring water

During the unit if children are finding the task too difficult / too simple use the **STEP** framework by changing the:

SPACE – Making the pitch bigger to make it easier or smaller to make it harder.

TASK – e.g. if struggling to pass over a long distance – make gaps shorter

EQUIPMENT – Choosing a larger or smaller ball to make it easier or harder.

PEOPLE – alter groups / teams to make it more competitive or have fewer players / more players to add more competition.

PE Knowledge Organiser

Basketball

Basketball

Ball Familiarisation Development – Recap prior learning. Make sure the children are comfortable with a Basketball. Throwing and catching the ball to themselves. Passing the ball hand to hand. Bouncing skills – can be broken down for less able children to a bounce and catch or bouncing using both hands.

Dribbling – Using palm and fingertips to dribble the Basketball. Pushing technique not a hitting action. Thinking about how high does the ball need to bounce (waist height). Practice technique with strongest and weakest hand. More able pupils will be able to use alternate hands to dribble ('V Dribble').

Passing – Think about the key fundamentals of passing (Catch, protect, Step, push). Working on passing the ball accurately to team mates, using 2 hands to catch. To pass over a longer distance, children will need to 'step' into their pass. Eyes on the ball at all times and receiver has hands ready giving them a target to aim for. Chest Pass – Ball at chest in 2 hands, step into the pass, make sure partner has hands out ready to receive as a target. Bounce pass – Ball starts at chest in 2 hands, step into pass and push the ball into the ground extending arms straight. Aim to make the ball bounce halfway between you and the receiver.

Catching – Make a 'W' shape with hands, make sure fingers are spread to make a bigger surface area to catch the ball with. Eyes always on the ball and squeeze the ball to chest once caught.

Shooting – Check prior learning – do we know when to shoot? Think about the correct shooting technique 'BEEF' **B**- Balanced stance parallel, facing the basket. **E** – Elbow high and at a right angle. **E** – Eye line, So the ball is in front of them and they can see the basket. **F** – Follow through with the wrist, waving goodbye to the ball. Ask the children to shoot the ball to each other using the correct technique.

Defending – Remind the children that basketball is a non-contact sport. Defenders should always keep their eye on the ball and anticipate when they can intercept a ball or steal off an attacking player. Talk about good decision making and marking the opposition to make it harder for them to keep possession.

Attacking – Think about when is the right time to pass, dribble or shoot. If we are passing, is our team mate in a space and ready. If we are shooting, are we in a good shooting position, using the correct technique. If we decide to dribble, is there space to move into, can we protect the ball away from the defenders.

Teamwork – Discuss what makes a good team player, make sure that we are positive and encourage all our team mates in every situation. Think about how it links in to our school values (STARFISH) – sportsmanship. Talk about school games Values - Treating everyone equally, supporting each other and working together to achieve at your very best level. Celebrate each other's successes and be a positive team player.

Double Dribble – In Basketball a double dribble occurs when a player ends his/her dribble by catching the ball in one or both hands and then dribbles it again.

Travelling – In Basketball, travelling is a violation of the rules that occurs when a player holding the ball moves on one or both their feet illegally. This means the player with the ball has taken more than 3 steps without the ball being dribbled.

PE Knowledge Organiser

Basketball

Basketball

Reception	Year 1	Year 2	End of KS expectations
<p>Send & receive a ball by rolling from hand & striking with foot</p> <p>Aim & throw object underarm</p> <p>Catch balloon/bean bag/scarf & sometimes a bouncing ball</p> <p>Move and stop safely in a specific area</p> <p>Play a passing & target game alone and with a partner</p>	<p>Throw underarm, bounce & catch ball by self & with partner</p> <p>Kick/stop a ball using a confident foot while static</p> <p>Run straight and on a curve and sidestep with correct technique</p> <p>Begin to follow some simple rules</p> <p>Begin to use a bounce pass, which only bounces once.</p>	<p>Perform some dribbling skills with hands and feet using space</p> <p>Pass a ball accurately (hands & feet) over longer distances to a team mate</p> <p>Combine stopping, pick up/collect & send a ball accurately to other players</p> <p>Make simple decisions about when /where to move in game to receive a ball</p> <p>Begin to use a bounce pass, which only bounces once.</p> <p>Use all three passes (chest, shoulder & bounce) correctly</p>	<p>Pupils should participate in team games, developing simple tactics for attacking and defending.</p>



PE Knowledge Organiser

Basketball

FAMOUS BASKETBALL PLAYERS



MICHAEL JORDAN



LAUREN JACKSON



LEBRON JAMES



DIANA TAURASI



LARRY BIRD



KOBE BRYANT