

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.

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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 pass 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.

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Year 3	Year 4	Year 5	Year 6	End of KS expectations
<p>Make a series of passes to team mates moving towards a scoring area.</p> <p>Show some signs of using a chest pass and shoulder pass.</p> <p>Show a target to indicate where I'd like to pass to.</p> <p>Know where space is and try to move into it.</p> <p>Mark another player and defend when needed.</p>	<p>Use a chest pass and shoulder pass to support team in scoring.</p> <p>Make decisions regarding which is the best type of pass to use.</p> <p>Begin to use a bounce pass, which only bounces once.</p> <p>Identify space to move into and show a clear target to receive a pass.</p> <p>Mark another player and begin to attempt interceptions.</p> <p>Know where positions are allowed on a court.</p>	<p>Use all three passes (chest, shoulder & bounce) correctly.</p> <p>Use a range of speeds within a game to support a team in scoring.</p> <p>Begin to use square (across the court) & straight (up & down the court) passes to achieve pace.</p> <p>Lose a defender to receive a pass.</p> <p>Defend a player and make some successful interceptions (snatch & catch) when playing as a team.</p>	<p>Know which pass is best to use and when in a game.</p> <p>Use a range of square & straight passes to change direction of the ball.</p> <p>Use landing foot to change direction to lose a defender.</p> <p>Draw defender away to create space for self or team.</p> <p>Position body to defend effectively, making successful interceptions.</p>	<p>Pupils should be taught to play competitive games, modified where appropriate, such as football, netball, rounders, cricket, hockey, basketball, badminton and tennis, and apply basic principles suitable for attacking and defending</p>



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FAMOUS BASKETBALL PLAYERS



MICHAEL JORDAN



LAUREN JACKSON



LEBRON JAMES



DIANA TAURASI



LARRY BIRD



KOBE BRYANT