

NATIONAL CURRICULUM:

This unit links to the following strands of the NC: use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending

PRIOR KNOWLEDGE:

Children have experienced playing and applying skills within netball games and basketball. Children should have developed the basic skills and have applied basic tactics.

KEY VOCABULARY:

Pass
Balance
Follow through
Knees
Bend
Target
Release
Pass
Defender
Attacker
Pace
Change
Barrier
Opponent
Dribble

PE – Autumn 2 Year 5, Basketball



Lesson Focus:

1. To dribble with control under pressure.
2. To move into and create space to support a teammate.
3. To choose when to pass and when to dribble.
4. To use the appropriate defensive technique for the situation.
5. To develop shooting technique and make decisions about when to pass, dribble or shoot.
6. To apply principles, rules and tactics to a tournament.

CONTEXT:

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. In basketball pupils do this by maintaining possession and moving the ball towards goal to score. Pupils develop their understanding of the importance of fair play and honesty while self-managing games and learning and abiding by key rules, as well as evaluating their own and others' performances.

STICKY KNOWLEDGE:

- Put your non-dribbling arm out to protect the ball from your opponent.
- Turn your body to create a barrier between the defender and the ball
- Look to move into space that will make it easier for your team to score.
- Use a change of pace and a change of direction to lose your opponent.
- Dribble if you have space to do so.
- Pass if you can get the ball closer to goal.
- Pass if you cannot beat the defender.
- Bend your knees so that you can change direction at speed.
- Stay between the basket and the person with the ball.
- Balance with feet shoulder width apart.
- Elbow under the ball.
- Eyes look at the target.
- Follow through with your hand
- Be clear and fair when refereeing.
- Use the rules to play fairly and help the game to flow.

SKILLS:

Physical: run, jump, throw, catch, dribble, shoot
Social: collaboration, communication, co-operation, respect
Emotional: honesty and fair play, confidence, persevere
Thinking: reflection, decision making, select and apply, use tactics, observe and provide feedback, identify areas of strength and areas for development