

**Topic: PE – Basketball****Year: 7****NC Strand: 'Overcoming opponents', 'analysing performance' and 'competitive sports.'****What should I already know?**

- You should have worked to link key skills in practices, semi-opposed and opposed small sided game situation.
- You should have combined attacking movement, passing and receiving skills to move the ball well in games.
- You should have learned to create space by moving away from defenders and passing quickly.
- You should have learned basic ways of getting away from your opponent.
- You should know basic defending and marking skills.

What will I know by the end of the unit?

By the end of this unit, pupils should know:

- Acquisition of basic skills; Passing & receiving, dribbling, pivoting and shooting.
- Acquisition of basic tactics; Movement off the ball, man to man defence.
- Understanding of main rules; Double dribble, travelling, foul.
- Game based; putting acquired skills and tactics into small sided games, moving up to full court.
- Understanding the fitness involved and the safety required to play basketball.
- Knowledge of basic refereeing and officiating within basketball.
- Understand how to help lead a small practice.



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| Vocabulary | |
|----------------|--|
| Block | A statistic that occurs when a defensive player stops an offensive player from making a shot by blocking the ball with his or her hand(s). |
| Double Dribble | This penalty, which results in a turnover, occurs when a player dribbles the ball with both hands. It also occurs when a player dribbles, stops dribbling, and then begins to dribble again. |
| Key | The painted area that makes up the free throw lane. Also referred to as the paint. |
| Lay-Up | A shot taken close to the hoop, usually when a player is moving toward the basket. |
| Travel | A penalty, which results in a turnover, where an offensive player moves his or her pivot foot illegally or takes three steps without dribbling the ball. |
| Turnover | When the offensive team loses possession of the ball by way of an offensive foul, steal or out-of-bounds violation. |
| bounce pass | a pass that bounces off the floor before it reaches the receiver |
| chest pass | a two-handed pass thrown from chest height |
| dribble | To bounce the ball repeatedly with one hand while running or walking |
| turnover | a player loses the ball to a member of the other team without taking a shot |

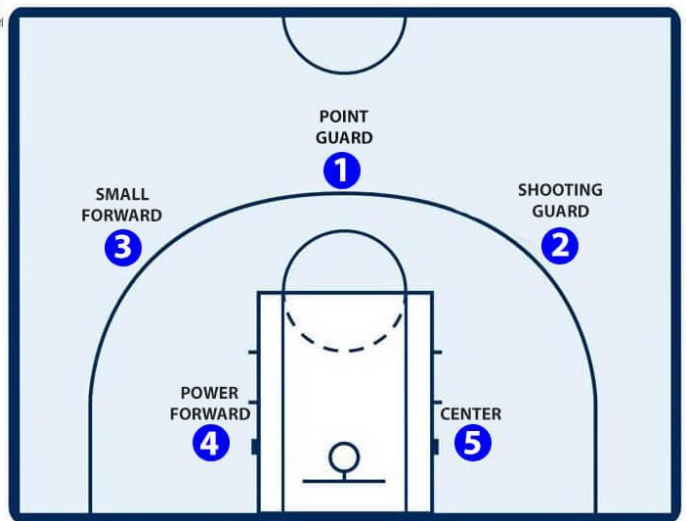
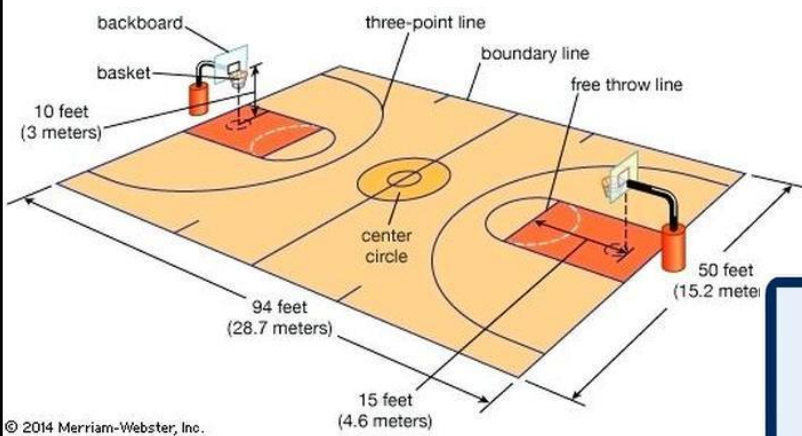


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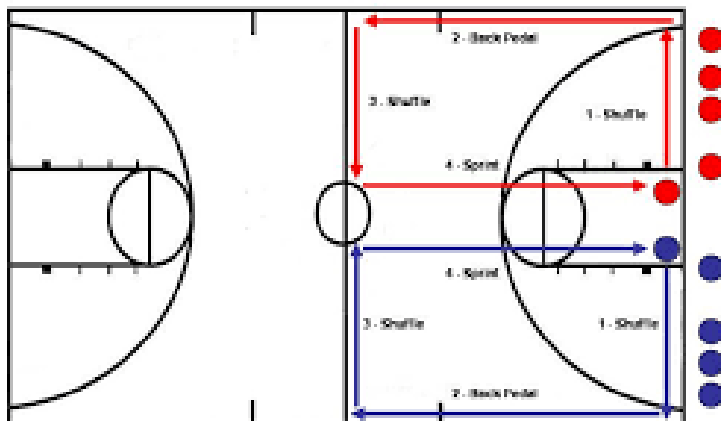
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Dimensions of a basketball court and positions



Teacher Led drills

Box Run Relay



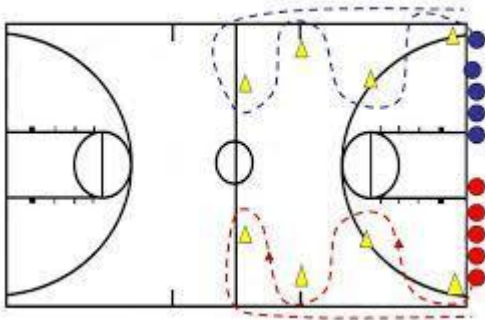
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1. Pupils take it in turns to dribble the ball out, pass it to a partner while running on and receiving the ball back so they can shoot at the hoop.



2. Dribble the ball in and out of a ladder or hoop, use alternate hands to improve agility and hand eye co-ordination.

Cone Dribbling Drill



3. Pupils dribble around the cones changing hands for maximum agility. This could include shooting at the end or introducing a defender.

BASKETBALL SAFETY

- In regulation game of basketball players need to wear athletic shoes and clothing
- Players need to be aware of all surroundings making sure to not come in contact with another player
- Make sure basketball court is free of debris, for example, any water spills
- Practice proper communication, for example, speaking loud enough for teammates to hear offensive or defensive strategies.

