

**Topic: PE – Basketball****Year: 5****NC Strand: 'Overcoming opponents', 'analysing performance' and 'competitive sports.'****What should I already know?**

This is a new sport for year 5 students. What I should know:

I can show basic catching and throwing skills.

I should know how to bounce a ball successfully without losing control of the ball.

I should know how to throw a ball at a target and be at least 25% successful in hitting the target.

I should be able to receive a ball and be able to judge speed and direction of a ball to successfully control a ball when it is in my proximity.

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; I will be able to pass and receive and shoot in a game play situation.
- Understanding the fitness involved and the safety required to play basketball.
- Knowledge of basic refereeing and officiating within basketball.
- I should be able to show the basic lay up skills for shooting.
- I will be able to show basic hand-eye coordination on dribbling.
- I will start to understand how pivoting works in Basketball.

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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

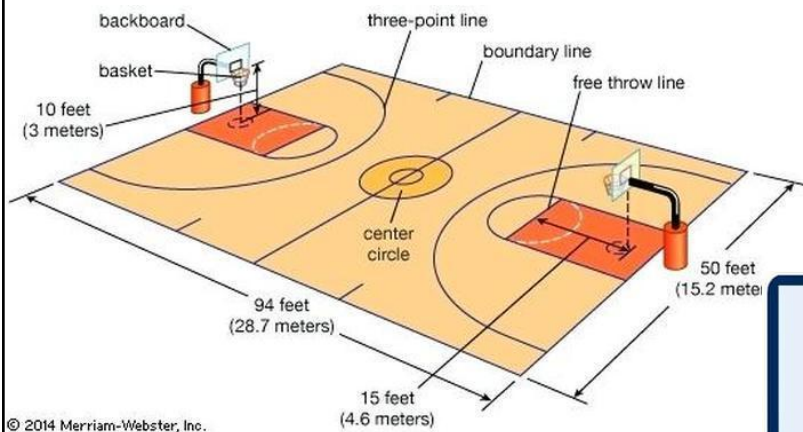


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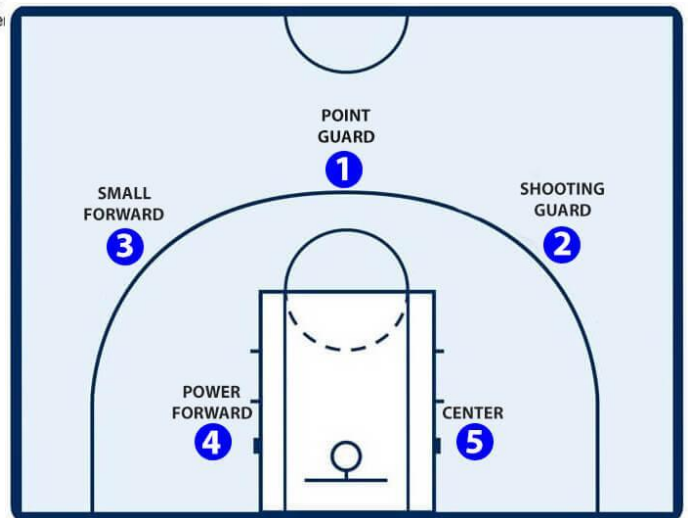
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Dimensions of a basketball court and positions



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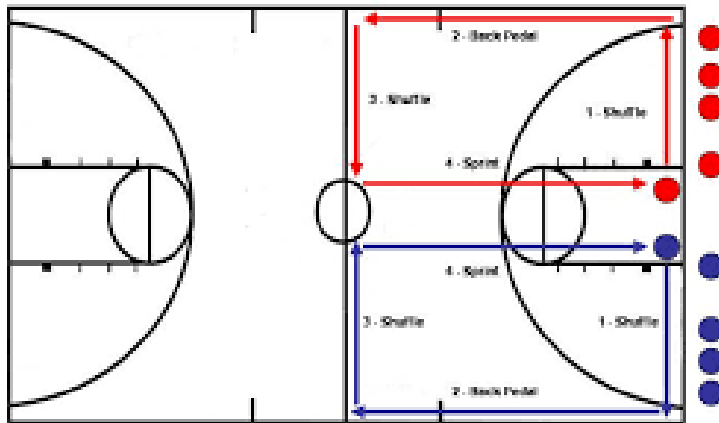
Teacher Led drills

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Box Run Relay



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

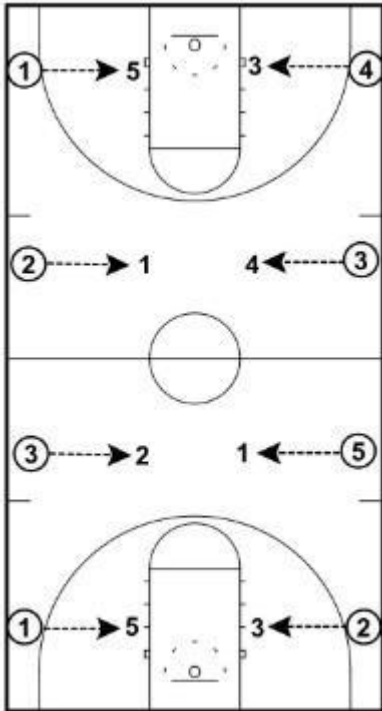


3. Pupils dribble around the cones changing hands for maximum agility. This could include shooting at the end or introducing a defender.

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**Coaching Points:**

- Make sure you mix up which type of pass you want them to perform (bounce pass, chest pass, one-handed push-pass, ect).
- Don't allow players to be silly and throw the basketball too hard at their partner. It will end up with blood noses.
- Make sure all coaches are teaching the same passing technique so the kids don't get confused.

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.

