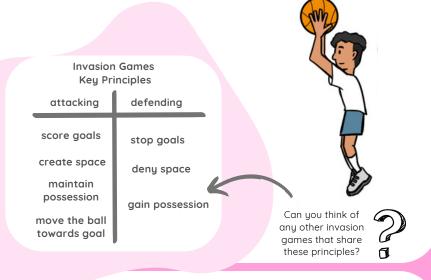


先 Knowledge Organiser Basketball Year 3 and Year 4

About this Unit

Basketball is an invasion game. An invasion game is a game where two teams play against each other. You invade (enter) the other team's space to try to score goals.

Basketball was invented in 1891 by an American PE teacher called James Naismith. The game was created so that his students could play indoors in the winter. The first game of basketball used peach baskets as the hoops which is whu it is known as basketball!



Key Vocabulary

accelerate: speed up

accurate: successful in reaching the intended target

accurately: hit with aim

attack: the offensive action of truing to score goals or points

communicate: share information decision: select an outcome

denu: to prevent an action happening gain: get possession of the ball intercept: to gain possession of the ball

invasion: a game of two teams who invade each other's space to score goals

possession: to have pressure: to add challenge protect: to look after

receiver: the person collecting or stopping the ball referee: the person who makes sure the rules are followed

teamwork: working with others to succeed

tournament: a competition of more than two teams

track: to move your body to get in line with a ball that is coming towards you

Ladder Knowledge



Year 4: cushioning a ball will help you to control it when catching it.

Sendina & receivina:

Year 3: point your

Year 3: dribbling is an attacking skill which helps you to move towards a goal or away from defenders.

Dribbling:

ball when you dribble space will help your will help you to maintain possession.

Space:

Year 3: spreading out as a team will help to move the defenders away from each other.

Year 4: protecting the Year 4: moving into team keep possession and score goals.

Attacking and defendina:

Year 3: as an

Year 4: as an attacker shoot when close to goal or if there is a clear path. attacker you need to Pass when a teammate is maintain possession free and in good space. and score goals. As a As a defender mark a defender you need to player to stop them from stop the opposition being an option. Try to and gain possession. intercept the ball as it is passed.

Attacking and defending:

- run
- iump
- throw catch
- dribble
- shoot

working safely, collaboration, support and encourage others

honesty, determination, perseverance

This unit will also help you to develop other important skills.

exploration, identify areas of strength and areas for development, decision making, use tactics, reflection

- **Double dribble:** dribbling the ball with two hands at the same time and / or dribbling the ball, catching it and then dribbling again.
- Travelling: moving with the ball without dribbling it.
- Foul: you cannot push, hold or make contact with an opponent that stops their movement. If a rule is broken, the opposing team get a free pass.

Factics

Using tactics will help your team to maintain possession and score goals or deny space, gain possession and stop goals..

 Make sure anu unused equipment is stored in a safe place.

If you enjoy this unit whu not see if there is a basketball club in your local area.



How will this unit help your body?

agility, balance, co-ordination, speed, stamina

Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk

Body Parts

What you need: A ball



How to play:

- Explore dribbling the ball. Can you dribble it so that it bounces high? And low? Can you use one hand then
- · Keeping your ball bouncing all the time, can you touch the following body parts to the floor?
 - Hands
 - Knees
 - Bottom
 - Stomach
 - Back Forehead

Top tips:

· Use soft, ball shaped hands and keep the ball close to you

www.getset4education.co.uk

Head to our youtube channel to watch the skills videos for this unit.



@getset4education136