

Prior Learning: In Year 4, children continued to focus on how to find space with and without the ball. They recapped how to control and dribble the ball correctly with their preferred hand. They also recapped how to pass and receive using SEP. They also looked at how to move the ball around their body with control using fingertips and thumbs. They also played adapted basketball games and mini basketball 3v3.

Physical Me

Throw **Agility**

Catch **Balance**

Dodge **Co-ordination**

Run **Jump**

Dribble **Speed**



Key Skills

Thinking Me

- To make decisions in the game
- Evaluate and improve my performance

Value Me:

- Teamwork
- Perseverance

Social Me

- Embrace the rules
- Communicate

Our Basketball Rules:

Double Dribble:

When a player dribbles the ball with two hands at the same time or starts to dribble again after stopping

Out of Bounds:

If a team lose possession of a ball and it goes out of bounds, then a free pass is awarded to the opposition

Tip Off:

To re-start or put the ball in play by throwing it up between two opponents

Travelling:

When a player takes too many steps with the ball in their hands without dribbling the ball.

Key Vocabulary

Jump-stop

Stride-stop

Static

Defensive Stance

Dodge

Offence

Defence

Shoot

Protect

Key Knowledge

Offence - The ball is moved down the court towards the basket by passing or dribbling.
- The team with the ball is called the offence.

Defence- The defence tries to steal the ball, contest shots, deflect passes, and get the rebounds.
- The main aim is to stop the offence from scoring!

Shooting technique- **BEEF** - Balance (feet apart)
- Elbow (keep it high)
- Eyes (hold the ball above your eyes)
- Follow through (Flick the wrist)

