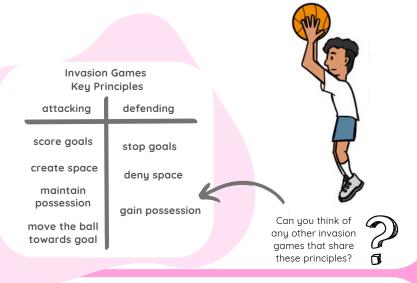


## Knowledge Organiser Basketball Year 4

## **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

decision: select an outcome **delay:** to slow someone down

deny: to prevent an action happening

gain: get possession of the ball

option: possible choices 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 **supporting:** being an option for the person with the ball

teamwork: working with others to succeed

tournament: a competition of more than two teams

## Ladder Knowledge

## Sending & receiving: Cushioning a ball

will help you to control it when catching it.

### Dribblina:

Protecting the ball when you dribble will help you to maintain possession.

#### Space: Attacking

Moving into Shoot when close space will help to goal or if there your team keep is a clear path. possession and score goals.

Defendina:

Mark a plauer to stop them from being an option. Try to intercept the ball as it is passed.

- run
- iump
- throw
- catch
- dribble shoot

Social responsibility, communication, support

honesty, independence, confidence, perseverance

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

exploration, observation, select and applu skills, make

- **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...

# Healthu



 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



What you need: a ball, 4 socks, 2 players

#### How to play:

- The attacker scores a point for dribbling to touch a sock with the ball.
- Once a point is scored, the defender steps three steps away to give the attacker space to attack again.
- The attacker cannot score on the same sock that they have started from
  If the defender wins the ball, they become the attack.

- · Defenders, aim to block space and only collect the ball when the attacker's hand is not in contact with it.
- · Attackers, turn your back to the defender and hold them off with your non dribbling hand to protect the ball



www.getset4education.co.uk

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



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