

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 why it is known as basketball!



Invasion Games Key Principles	
attacking	defending
score goals	stop goals
create space	deny space
maintain possession	gain possession
move the ball towards goal	

Can you think of any other invasion games that share these principles?

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.

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

Space:
Moving into space will help your team keep possession and score goals.

Attacking
Shoot when close to goal or if there is a clear path.

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

Movement Skills

- run
- jump
- throw
- catch
- dribble
- shoot

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

Social responsibility, communication, support

Emotional honesty, independence, confidence, perseverance

Thinking exploration, observation, select and apply skills, make decisions

Rules

- 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.

Tactics

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

Healthy Participation



- Make sure any unused equipment is stored in a safe place.

If you enjoy this unit why 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

Home Learning

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

Dribble to Score

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

How to play:

- Mark a square with four socks.
- 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 attacker.

Top tips:

- Defenders, aim to block spaces 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



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



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