

### About this Unit

Basketball is an invasion game where teams compete to score in the opposition's area. In this unit, you'll develop fundamental movement skills like dribbling, passing, and shooting. We'll explore different ways to select and apply skills, make smart decisions, and understand basic tactics.

Basketball is a fantastic way to practice important life skills like responsibility, collaboration, and respect. As we play, you'll have the chance to demonstrate honesty and determination, showing perseverance in every game and practice.

#### 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

- accurate:** successful in reaching the intended target
- attack:** the offensive action of trying to score goals or points
- communicate:** share information
- control:** being able to perform a skill with good technique
- intercept:** to gain possession of the ball
- invasion:** a game of two teams who invade each other's space to score goals
- opponent:** a player on the other team
- possession:** to have
- referee:** the person who makes sure the rules are followed
- shoot:** to send the ball to the target to score a goal or point
- tactic:** a plan that helps you to attack or defend
- teammate:** a player on your team
- teamwork:** working with others to succeed
- tournament:** a competition of more than two teams



### Ladder Knowledge



#### Sending & receiving:

Point your hands to your target when throwing to help to send the ball accurately.

#### Dribbling:

Dribbling is an attacking skill which helps you to move towards a goal or away from defenders.

#### Space:

Spreading out as a team will help to move the defenders away from each other.

#### Attacking

As an attacker you need to maintain possession and score goals.

#### Defending:

As a defender you need to stop the opposition and gain possession.

### Movement Skills

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

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

**Social** responsibility, collaboration, respect

**Emotional** honesty, determination, perseverance

**Thinking** exploration, select and apply skills, make decisions, tactics, reflection

### 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](http://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 the other?
- 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](http://www.getset4education.co.uk)



Head to our youtube channel to watch the skills videos for this unit. @getset4education136