

Knowledge Organiser

Basketball Year 5

About this Unit

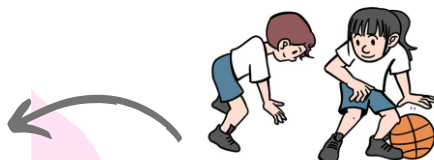
Basketball is a dynamic invasion game where two teams compete to score points by shooting into the opponent's hoop. You'll learn key skills like dribbling, passing, catching and shooting.

At the end of the unit, you'll participate in a tournament to showcase your new skills and knowledge in real game situations.

In a standard game, five players from each team are on the court at a time. The NBA, or National Basketball Association, in America, is the most famous basketball league in the world. It attracts top players from all over the globe every year.

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

ball carrier: person in possession
close down: to reduce the amount of space for an opponent
communicate: sharing information with others
decision: select an outcome
delay: to slow someone down
deny: to prevent an action happening
drive: a fast movement that helps to tell the ball carrier that you want the ball
maintain: to keep
protect: to look after

rebound: when a player attempts to shoot a goal but the ball hits the basket or backboard and bounces back into play
receiver: the person collecting or stopping the ball
situation: circumstances that create the environment
sportsmanship: play fairly, respect others and be gracious in victory and defeat
tactics: a plan that helps you to attack or defend
technique: how you apply a skill
tournament: a competition of more than two teams

Ladder Knowledge



Sending & receiving:

Not having a defender between you and the ball carrier helps you to send and receive with better control.

Dribbling:

Dribbling in different directions and at different speeds will help you to lose a defender.

Space:

Moving to space even if you do not receive the ball will help to create space for a teammate.

Movement Skills

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

Social

This unit will also help you to develop other important skills. collaboration, communication, co-operation, respect

Emotional

honesty, confidence, perseverance, fair play

Thinking

select and apply skills, make decisions, observation, tactics, feedback

Rules

- **Double dribble:** cannot dribble the ball with two hands at the same time and/or dribble the ball, catch it and then dribble again.
 - **Travelling:** cannot move with the ball without dribbling it.
 - **Foul:** cannot hold or push an opponent.
- If any of these rules are broken, a free pass is awarded to the other team.

Tactics

Using tactics will help your team to maintain possession and score goals or deny space, gain possession and stop goals. There are attacking and defending tactics and these will change depending on the situation, the opposition and the desired outcome.

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

Defending Battle

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

How to play:

- Set up a square.
- The attacker dribbles and tries to stop the ball on one of the markers to score a point.
- After scoring, the defender takes three steps away from the attacker.
- The attacker can't score on the same marker they started from.
- If the defender wins the ball they become the attacker.

Top tips:

- Attacker: turn your back to the defender and put your non-dribbling hand out to protect the ball.
- Defender: block spaces and only collect the ball when it's free.

Easier: Attackers are allowed to double dribble (use both hands at the same time or dribble, hold with two hands, dribble again).

Harder: Make the area larger.

www.getset4education.co.uk

© Copyright Get Set 4 Education Ltd.

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



@getset4education136

Knowledge Organiser

Basketball Year 6

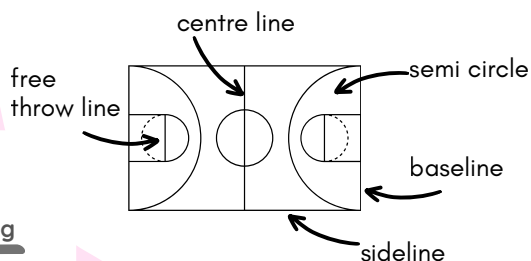
About this Unit

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

An official match has five players on court per team. The most famous basketball competition in the world is the NBA (National Basketball Association) in America. The best players from around the world compete in this league which is held every year.

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

abide: act in accordance with the rules
angle: formed when two lines come together at a shared point e.g. arm to floor
ball carrier: person in possession
ball side: the space between the ball carrier and the person you are marking
barrier: an obstacle that prevents movement or access
create: to make space
dominant: preferred side
draw: encourage movement of an opponent

maintain: to keep
rebound: when a player attempts to shoot a goal but the ball hits the basket or backboard and bounces back into play
sportsmanship: play fairly, respect others and be gracious in victory and defeat
support: to help
tactics: a plan that helps you to attack or defend
transition: moving from attack to defence or defence to attack
turnover: when a team not in possession of the ball gains possession

Ladder Knowledge



Sending & receiving:

Making quick decisions about when, how and who to pass to will help you to maintain possession.

Dribbling:

Choosing the appropriate skill for the situation under pressure will help you maintain possession.

Space:

Transitioning quickly between attack and defence will help your team to maintain or gain possession.

Movement Skills

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

Social

This unit will also help you to develop other important skills. collaboration, communication, co-operation, respect

Emotional

honesty and fair play, confidence, persevere

Thinking

reflection, decision making, select and apply, use tactics, observe and provide feedback, identify areas of strength and areas for development

Rules

- **Double dribble:** cannot dribble the ball with two hands at the same time and/or dribble the ball, catch it and then dribble again.
- **Travelling:** cannot move with the ball without dribbling it.
- **Foul:** cannot hold or push an opponent.

If any of these rules are broken, a free pass is awarded to the other team or if a foul occurs when a player is shooting, a free shot is awarded (three steps away from the post).

Tactics

Using tactics will help your team to maintain possession and score goals or deny space, gain possession and stop goals. There are attacking and defending tactics and these will change depending on the situation, the opposition and the desired outcome.

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

Can't Touch This

What you need: A ball, a stopwatch and another person

How to play:

- One person, the attacker, dribbles on the spot trying to protect the ball for 30 seconds.
- Other person, the defender, scores a point each time they touch the ball.
- Attack turn your body and try to keep the ball away not letting the defender touch it.
- Switch roles then repeat the game trying to beat your previous score.

Top tips:

- Use one hand then the other.
- Use your body as a barrier to protect the ball.



www.getset4education.co.uk

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



@getset4education136