

Year 4 Term 2

PYSICAL EDUCATION
Basketball



National Curriculum Links:

Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.

Essential Prior Learning:

Dribble a ball with some understanding of which is their dominant hand when doing this.
Aim a ball at a target.
When playing small group games, look to find the space to receive the ball in and a team mate who is 'free' to pass to.
Use a chest pass, with hands forming a 'W' shape.

Progression in Skill:

Dribble a ball, using 'push not pat.'
Use a basic two-handed shot to score a basket.
Follow an opponent to try to win (intercept) the ball.
Use a bounce pass across a short distance to a team mate.
Pass, receive and move with the ball using either a chest or bounce pass.

Basketball gives people opportunities to develop ways to communicate verbally and non-verbally with one another.

Basketball is a team sport in which two teams, most commonly of five players each, oppose one another on a rectangular court.

You cannot walk or run while holding the ball so, in order to move on the court, you must dribble.

You cannot dribble with two hands at the same time. If the ball leaves the court, it is 'out' and is passed to your opponent.

Magic Johnson is considered the best point guard of all time, having won three NBA MVP awards; he was diagnosed with dyslexia and ADD as a child.

Long-term Memory Knowledge:

Dribble the ball one hand at a time, using a push, not pat, technique, and understand that this is the only way that you can move with the ball.

Perform shots towards the target using two hands. Show willingness to intercept the ball from opponents.

Pass and receive the ball using both a chest pass and a bounce pass.

Talk about some of the ways team mates communicate on the court, both verbally and non-verbally.

Understand basketball as a sport played between two teams (usually of five players) on a rectangular court.

Know that if the ball leaves the court, it is 'out' and is passed to your opponent.

Explain why Magic Johnson is such a well-known basketball player.

Key Vocabulary

| | |
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| push not pat | |
| bounce pass | a basketball pass made by throwing the ball so it bounces once on the floor before being caught by a teammate. |
| intercept | |
| court | |
| MVP | |

Progression in Resources:

Basket balls
hoops of varying heights

Relevance

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| Now | Children develop their confidence to play team sports and have experience of 'winning' and 'losing' in a low-stakes environment where everyone is expected to take responsibility for the result; they develop their fine and gross motor skills that can be applied to other physical activity. |
| Future | Children take part in physical activity with others, either alongside or against, and enjoy a healthy sense of competition. |
| Aspiration | As well as incorporating physical activity into their own healthy lifestyles, children support others to do the same, through coaching, training, etc.; they may compete at a high level, playing professionally and/or representing their country. |