

Year 6 Term 2 & 4  
**PHYSICAL 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:**

Maintain control of the ball whilst dribbling at different speeds and in different directions, knowing that you cannot dribble with two hands at the same time.  
 Know what the BEEF technique for shooting is and perform it in isolation.  
 Perform a jump and stop stride.  
 Pass and receive the ball using chest and/or bounce passes.  
 Know that you cannot move with the ball in your hands – you must dribble it and once you stop, you must.

**Progression in Skill:**

Dribble the ball in different directions at speed in game situations.  
 Use the BEEF technique to shoot in a game situation.  
 Perform a jump and stride stop with a pivot, using the pivot to protect the ball.  
 Defend, using blocking, to stop an opponent from shooting.

Use a forward pass and wing play to build attack as a team.  
 Basketball helps develop muscular endurance: player's muscles need to work at high intensity for an extended period of time.  
 Defenders cannot take the ball from a player who is holding it in two hands; they are allowed to intercept passes and knock the ball away from a player who is dribbling.  
 'Man-to-man' defence must be maintained at all times.  
 The Netherlands women's wheelchair basketball team won back-to-back Paralympic gold medals in 2021 and 2024.

**Long-term Memory Knowledge:**

Demonstrate maintaining control of the ball whilst dribbling at different speeds and in different directions under pressure in a game.  
 Use the BEEF technique to shoot with some accuracy when under pressure in a game situation.  
 Use pivoting as a means of defending the ball from an opponent.  
 Know how to, within the rules of the game, block a shot to prevent an opponent from scoring.  
 Name some of the benefits of playing basketball.  
 Name the Netherlands women's wheelchair basketball team's achievements.

**Key Vocabulary**

<b>BEEF technique</b>	BEEF stands for balance, elbows in, eyes on the target and follow through – an effective technique for shooting.
<b>pivot</b>	a way of changing direction and protecting the ball from defenders: one foot is planted on the ground whilst the other is free, allowing you to spin and move off or pass in a different direction

<b>wing play</b>	using the players who are on the outside or wings of the court to create space
<b>muscular endurance</b>	the ability of a player's muscles to perform repeated actions over an extended period of time
<b>intercept</b>	catch the ball whilst it is being passed between two players from the opposing team
<b>man-to-man defence</b>	a strategy where each defender is tasked with marking an individual from the opposing team, limiting their movement and blocking their shots

**Progression in Resources:**

Basket balls, hoops of varying heights, cones

**Relevance**

<b>Now</b>	Children develop specific basketball skills, alongside more general invasion game skills; playing basketball helps children develop muscular endurance, meaning they are able to be physically active for longer periods of time; it is another opportunity for children to explore different forms of physical activity to find those that they enjoy.
<b>Future</b>	Children understand the importance of physical activity in maintaining a healthy lifestyle and take part in regular exercise they enjoy; they have the stamina to complete a full match/race/class, etc.
<b>Aspiration</b>	Children don't just lead an active lifestyle, they promote it for others, through coaching, training, etc. They may compete at a high level, representing county or country.