Year 5 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, using 'push not pat.' Use a basic two-handed shot to score a basket. Pass, receive and move with the ball using either a chest or bounce pass. 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.

Progression in Skill
Change direction and speed whilst dribbling. Learn to use the BEEF technique when shooting in isolation. Pass into the space a teammate is running to. Perform a jump and stride stop. Defend using the whole body – gorilla technique. Feint or disguise the pass of a ball to outwit an opponent, when attacking. Basketball has a positive impact on overall fitness. The BEEF technique is used to remind players how to take a shot in basketball: B: balance E: elbows in E: eyes on the target F: follow through Once a player has stopped dribbling they must either pass or shoot, they are not allowed to begin dribbling again. Lauren Jackson, the most notable Australian women's basketball player; has won Olympic medals.

Long-term Memory Knowledge
Know how to change direction and speed whilst dribbling, and understand that dribbling is the only way that you can move with the ball. Perform shots towards the hoop using the BEEF technique. Know when to use a jump and stride stop or a feint or disguise the pass of a ball to outwit an opponent, when attacking. Defend using the whole body (gorilla technique). Show willingness to intercept the ball from opponents. Pass and receive the ball using a chest pass and a bounce pass. Explain why Lauren Jackson is such a well-known basketball player.

Key Vocabulary	
dribble	continuously bouncing the ball with one hand to move it around the court to keep possession while walking or running, avoid defenders, and move towards the basket to score
bounce pass	a pass made by throwing the ball so it bounces once on the floor before being caught by a teammate.
BEEF technique	technique used to take a shot in basketball
gorilla technique	defensive technique where players maintain a very low, wide stance (knees bent, not just hips)

Progression in Resources
Basket balls hoops of varying heights

Relevance	
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.