KS3 Core PE — Unit Title Basketball

Unit Overview

The basketball unit is studied in Years 7&8. . Over the two years the content becomes more challenging as students develop and build on their skills, tactics and techniques.

What your child needs to <u>know</u> and be able to <u>do</u> by the end of this unit of work:

Year 7	Year 8
• how to dribbling with control • how to pivot with the ball • how using the cross over to beat a defender • how to shoot using the set shot • how to use basic defence • how to understand basic tactics, including; Movement off the ball, man to man defence and be able to put these into game play • how to apply the main rules of basketball which will include; Double dribble, travelling, personal fouls, free throws and the 3 second rule	• how to dribble with both hands • how to pass on the move • how to intercept the ball • how to rebound with the ball • how to use angles when using the set shot and the layup • how to perform a basic jump shot • how to apply the tactics of; movement off the ball, ½ and full court man to man defence and switching. • how to develop their knowledge of rules which include blocking and charging fouls, what happens when players reach the limit of number of personal fouls allowed in a game, backcourt violation and the consequences of these.

The <u>key vocabulary</u> your child needs to <u>understand</u> in order to access this unit of work

- Pivot, travelling, double dribble, key, full court, man to man, BEEF, drive, set shot, Switching, back court, jump stop, Full court press, half court press