

Knowledge Organiser

Basketball Year 4

About this Unit

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

Basketball was invented in 1891 by an American PE teacher called James Naismith. The game was created so that his students could play indoors in the winter. The first game of basketball used peach baskets as the hoops which is why it is known as basketball!



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

accelerate: speed up
accurate: successful in reaching the intended target
decision: select an outcome
delay: to slow someone down
deny: to prevent an action happening
gain: get possession of the ball
option: possible choices
possession: to have
pressure: to add challenge
protect: to look after
receiver: the person collecting or stopping the ball
referee: the person who makes sure the rules are followed
supporting: being an option for the person with the ball
teamwork: working with others to succeed
tournament: a competition of more than two teams



Ladder Knowledge



Sending & receiving:

Cushioning a ball will help you to control it when catching it.

Dribbling:

Protecting the ball when you dribble will help you to maintain possession.

Space:

Moving into space will help your team keep possession and score goals.

Attacking

Shoot when close to goal or if there is a clear path.

Defending:

Mark a player to stop them from being an option. Try to intercept the ball as it is passed.

Movement Skills

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

This unit will also help you to develop other important skills.

Social responsibility, communication, support

Emotional honesty, independence, confidence, perseverance

Thinking exploration, observation, select and apply skills, make decisions

Rules

- **Double dribble:** dribbling the ball with two hands at the same time and / or dribbling the ball, catching it and then dribbling again.
 - **Travelling:** moving with the ball without dribbling it.
 - **Foul:** you cannot push, hold or make contact with an opponent that stops their movement.
- If a rule is broken, the opposing team get a free pass.

Tactics

Using tactics will help your team to maintain possession and score goals or deny space, gain possession and stop goals.

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

Dribble to Score

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

How to play:

- Mark a square with four socks.
- The attacker scores a point for dribbling to touch a sock with the ball.
- Once a point is scored, the defender steps three steps away to give the attacker space to attack again.
- The attacker cannot score on the same sock that they have started from.
- If the defender wins the ball, they become the attack.

Top tips:

- Defenders, aim to block spaces and only collect the ball when the attacker's hand is not in contact with it.
- Attackers, turn your back to the defender and hold them off with your non dribbling hand to protect the ball



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