



PE Knowledge Organiser

Year 5: Spring Term

Basketball



Key Knowledge and Skills:

Protective dribbling against an opponent:

- Bend your knees and get low, keeping feet wide apart.
- Put your non-dribbling arm out to protect the ball from your opponent.
- Turn your body to create a barrier between the defender and the ball.



Move into space to support a teammate:

- Look to move into space that will make it easier for your team to score.
- Use a change of pace and direction to lose your opponent.



Choose when to pass and when to dribble:

- Dribble if you have space to do so.
- Pass if you can get the ball closer to goal.
- Pass if you cannot beat the defender.



Track an opponent and use defensive techniques to win the ball:

- Bend your knees so that you can change direction at speed.
- Stay between the basket and the person with the ball.



Shooting:

Set Shot:

- Balance with feet shoulder width apart.
- Elbow under the ball.
- Eyes look at the target.
- Follow through with your hand.
- **Jump shot- Same as above but shoot after jumping off both feet.**

Apply the principles, rules and tactics to a game situation:

- Be clear and fair when refereeing.
- Use the rules to play fairly and help the game to flow.



As a referee, you will need to look out for the following rules:

- **Travelling**
When a player takes more than one step without dribbling the ball.
- **Double dribble**
When a player dribbles the ball then holds it with two hands, then dribbles again. Or, when a player dribbles the ball using two hands at the same time.
- **Foul**
When a player contacts the opposition.

When a player breaks any of these rules, stop the game and award the ball to the opposing team.

Top tips:

Make quick decisions.
Be loud and clear in your instructions.

Key Vocabulary:

Vocabulary:	Definition:
Double dribble	When ending a dribble by catching the ball and then starting a new dribble.
Tracking	Identifying and following an attacking player.
Basket	When points are scored by shooting the ball through the hoop.
Attack	Using techniques to score.
Defend	Using techniques to defend your goal.
Intercept	Using techniques to interrupt a pass from the opponent team and take the ball.

Key points to remember:

Teams: Maximum 6 a side.

Double dribble: The ball is handed over to the other team.

Scoring: To score, the ball must be shot through the basket. Two points from inside the D and three points from outside the D.

