



PE: Basketball

| Vocabulary and Key Skills | |
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| <p>Chest Pass</p> | <p>W grip / chest to chest / step forward in direction of pass with one foot / elbows close to body and push ball away sharply with a follow through.</p> |
| <p>Bounce Pass</p> | <p>W grip / chest to chest / step forward in direction of pass with one foot / release ball into the ground / aim the ball 2/3rds the distance between you and your partner.</p> |
| <p>Overhead Pass</p> | <p>Lift the ball over your head / bend your arms and keep elbows close to your body / step forward and release the ball.</p> |
| <p>Footwork</p> | <p>Landing on alternate feet - first foot to land is the static pivot foot. Land on both feet - either foot can be the static pivot foot. On the move - release before third step.</p> |
| <p>Dribbling</p> | <p>Head up / spread fingers and use finger tips to bounce the ball / waist height / control.</p> |
| <p>Set Shot</p> | <p>Knees bent / dominant foot slightly in front of other / strong hand at the bottom / supporting hand on the side / elbow at 90 degrees / release ball at same time as you straighten your legs.</p> |
| <p>Lay-up</p> | <p>Strong hand at the bottom / supporting hand on the side Right hand dribble - step right and aim for top right hand corner of the box Left hand dribble - step left and aim for top left hand corner of the box</p> |

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| <p>Dodging (getting free)</p> | <p>Short and sharp movements. Changing direction, including pretending to change. Regularly change the direction of movements (forwards, backwards and from side to side).</p> |
| <p>Defending</p> | <p>Face marking – defender has back to ball and faces the attacker. Defender never loses sight of attacker but cannot see the ball. In front of the attacker – defender stands slightly to the side but in front of attacker. Defender can see attacker and the ball. Side position – defender stands side on to attacker. Can see ball and attacker and forces attacker to go a certain direction but can be harder to intercept the ball.</p> |
| <p>Attacking</p> | <p>Dribble into space / dribble out wide and quick inward passes</p> |

Rules

- Played with two teams of five.
- To win the game you must score more baskets than your opponents.
- Outside of the arc a basket scores three points and inside scores 2 points.
- Fouling a shooter results in one, two or three throws at the basket depending on where and how they were fouled.
- Players cannot hold the ball for longer than 5 seconds.
- You need to keep yourself and the ball inside the playing area (player out of bounds & ball out of bounds rule).
- You cannot walk or run while holding the ball; so in order to move on court you must dribble (travelling rule).
- You cannot dribble with two hands at the same time (double dribble) or dribble again after stopping with the ball (illegal dribble).
- You cannot make unfair contact such as hitting, pushing and holding (personal foul).
- A side line ball is taken by the opposite team to touch it last.