



# Physical Education

## Basketball Year 3

### Unit Purpose

The unit of work will **explore** how to **apply** the principles of **attack** vs **defence**, with a particular focus on passing and moving, dribbling and shooting. Pupils will learn how to keep **possession** and eventually score in order to win a modified game.

### Inspire Me

**Michael Jordan** is a former basketball player. Michael played 15 seasons in the NBA, winning six championships with the Chicago Bulls. He was named the Most Valuable Player five times.



### Key Success Criteria

- P** Pupils will develop their passing and moving, dribbling and shooting skills to outwit their opponents and keep possession of the ball and score.
- C** Pupils will apply an understanding of where, when and why we pass, dribble and shoot in order to score points against another team.
- S** Pupils will develop life skills such as respect and communication as they collaborate with others including their opponents.
- W** Pupils will apply their skills while developing confidence as they grow in their ability to show resilience and self motivation.

### Vocabulary for Learning

**Attacker:** We are considered an 'attacker' when we or our team are in possession of the ball or in control of the ball. The aim of the game for the attackers is to score a basket.

**Defender:** We are considered a 'defender' when we are not in possession of the ball. The aim of the game for the defenders is to prevent the opposition from scoring a basket.

**Dribbling:** is a method of moving with the ball. The attacker in possession of the ball continuously bounces the ball on the floor in order to move around the court.

**Possession:** is when we have physical control of the ball. This could be as an individual or when working as part of a team. It is when we have 'possession' that we can create the opportunity to score.



### Sport Specific Vocabulary

**Triple Threat:** The triple threat involves the attacking player in possession of the ball asking themselves; can I shoot, if not can I pass, if not can I dribble before making and applying a skill.

**Chest Pass:** Is thrown by gripping the ball on the sides with the thumbs directly behind the ball. When using a chest pass, the passer should direct the ball towards the receiver's hands at chest level.



#### Self Motivation

**Develop** passing and dribbling creating space

#### Communication

**Refine** passing and receiving

**Refine** dribbling

Transition to Year 4

**Introduce** dribbling: Keeping control

**Combine** dribbling and passing to create space

Year 3 Learning Journey

#### Respect

**Introduce** passing and receiving

#### Resilience

**Develop** passing, moving and dribbling

#### Problem Solving

**Introduce** shooting