

## PE Year 3 Basketball



National Curriculum subject content:	
<ul style="list-style-type: none"> <li>✓ Use running jumping, throwing and catching in isolation.</li> <li>✓ Play competitive games and apply basic principles of attacking and defending.</li> <li>✓ Develop flexibility, strength, technique, control, and balance</li> </ul>	
National Curriculum theme:	
<ul style="list-style-type: none"> <li>✓ Invasion games</li> <li>✓ Large ball skills</li> </ul>	

Key Vocabulary:	
Dribble	One hand to control the ball
Stride	Long step when walking/ running
Control	Operate/ move with care/ precise movement
Extend	Reach out
Receiver	To collect
Attack	Make a move to defend
Pivot	Central point
Intercept	To obtain
Travel	Way direction of movement
Basketball specific	Dribble, travel, shoot, backboard, key zone

Previous learning Multi skills, dodgeball/ handball

Sequence of Learning:					
Objectives (key knowledge):					
To learn how to move a ball around my body with some control.	To learn how to keep control of the ball.	To learn how to dribble the ball with some control using one hand.	To learn how to step forward with one foot when making a pass.	To learn how to perform a stride stop with some control	To can follow simple rules to play competitively.
Key events timeline					
Agility the ability to rapidly change direction, accelerate or decelerate. Balance to hold a firm stance. Hand eye coordination	Agility the ability to rapidly change direction, accelerate or decelerate. Balance to hold a firm stance. Hand eye coordination	Agility the ability to rapidly change direction, accelerate or decelerate. Balance to hold a firm stance. Hand eye coordination	Agility the ability to rapidly change direction, accelerate or decelerate. Balance to hold a firm stance. Hand eye coordination	Agility the ability to rapidly change direction, accelerate or decelerate. Balance to hold a firm stance. Hand eye coordination	Agility the ability to rapidly change direction, accelerate or decelerate. Balance to hold a firm stance. Hand eye coordination

## Basketball Knowledge Organiser - Year 3



**Prior Learning:** In Year 2, children were introduced to some fundamental basketball skills. They learned different ways of throwing and catching. They also learned how to dribble the ball with their hands, standing at first and then moving with the ball. They also played some adapted invasion games in which they could dribble the ball - and introduced some basketball skills.

### Physical Me

**Throw**

**Agility**

**Catch**

**Balance**

**Dodge**

**Co-ordination**

**Run**

**Jump**

**Dribble**

**Speed**

### Key Skills



### Value Me:

- Honesty
- Courage

### Thinking Me

- To make decisions in the game

### Social Me

- Communication
- Encourage
- Collaboration

### Our Basketball Rules:

#### Double Dribble:

When a player dribbles the ball with two hands at the same time, or starts to dribble again after stopping

#### Out of Bounds:

If a team lose possession of the ball and it goes out of bounds, then a free pass is awarded to the opposition

#### Tip Off:

To re-start or put the ball in play, by throwing it up between two opponents

#### Travelling:

When a player takes too many steps with the ball in their hands without dribbling the ball.

### Key Vocabulary

Dribble

Extend

Receiver

Pivot

Attack

Defender

Free- Pass

Intercept

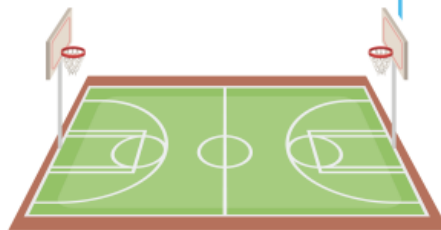
Triple threat

### Key Knowledge

- Dribble** - Hip height  
 - Push don't pat  
 - Look up

- Passing**- It takes two, to make a successful pass  
 - A passer and receiver

- SEP**- A way to remember a chest pass  
 - Step (forward), Extend (arms), Pass



## PHYSICAL ME

- AGILITY
- BALANCE
- COORDINATION
- STRENGTH
- FLEXIBILITY
- DODGING
- PIVOTING
- THROWING
- CONTROL
- RUNNING
- AWARENESS
- SPEED
- JUMPING
- SKIPPING
- STRIDING
- THROWING

## SOCIAL ME

- CO-OPERATE WITH OTHERS
- MINI COACH – MAKING UP AND LEADING WARM UPS
- TEAM WORK
- INCLUSION OF ALL TEAM MEMBERS, EVERYONE TO GET A TURN
- DEMONSTRATING TO THE GROUP
- PEER ASSESSMENT
- FAIRNESS- COMPETITION

## THINKING ME

- SELECT AND APPLY SKILLS
- FEEDBACK TO A PARTNER / GROUP
- DISCUSSING AND SHARING IDEAS
- IMPROVING ON LEARNT SKILLS TO IMPROVE TECHNIQUES
- LEARNING NEW RULES
- TACTICAL AWARENESS

## HEALTHY ME

- WARMING UP
- KNOW THAT EXERCISE KEEPS YOUR HEART HEALTHY
- COOL DOWN
- STAY HYDRATED
- UNDERSTANDS WHICH EXERCISES / MOVEMENTS INCREASE THE HEART RATE / PULSE RATE