



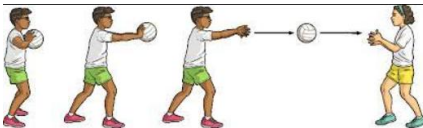
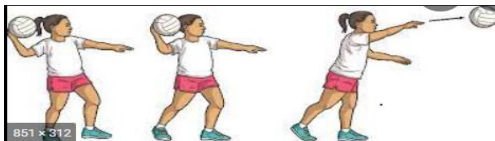

St John Fisher RC Primary School

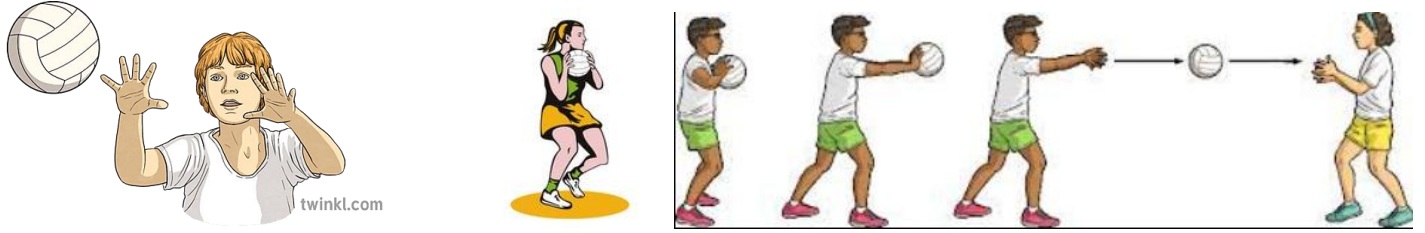

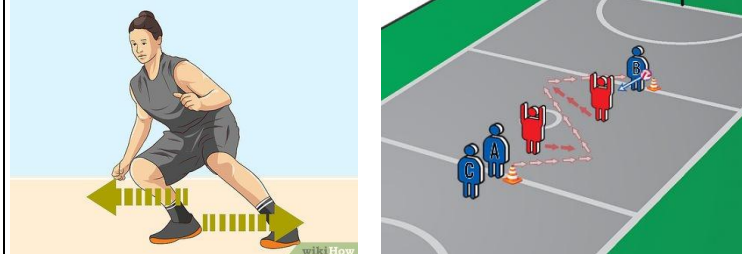

KS1 PE Knowledge Organiser Spring One: Basketball Skills

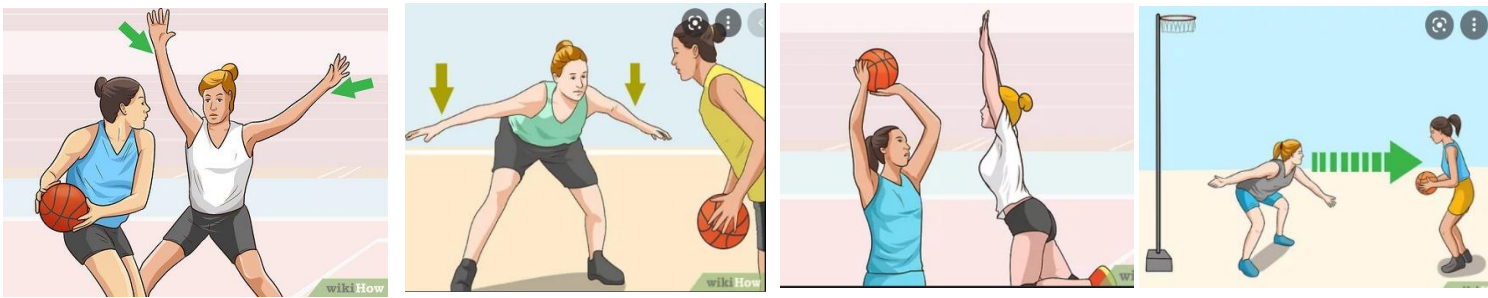
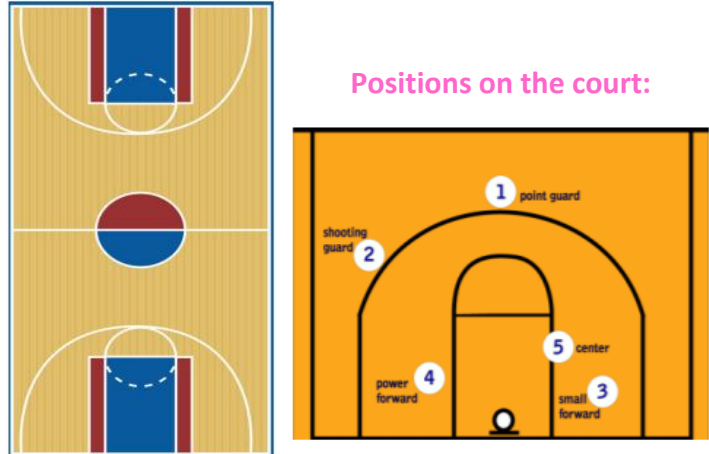
During PE sessions this term we will acquire and develop skills and tactics so that we can progress to playing competitive basketball matches in KS2.

Why do we do PE?

We take part in PE sessions to keep our bodies and minds healthy. PE at St John Fisher ensures that all pupils develop competence to excel in a broad range of physical activities and lead healthy, active lives. We aim to inspire all pupils to succeed and excel in competitive sport and other physically-demanding activities. We provide opportunities for all pupils to become physically confident in a way which supports their health and fitness. We provide opportunities to compete in sport which builds character and helps to embed values such as fairness and respect.

Key Skills needed for Basketball		How we will develop these skills in KS1 PE	
Passing/Throwing	Different passes can be used within the game: chest pass, shoulder pass and bounce pass.	<p>We will practise being balanced and in control of the ball in preparation for the pass.</p> <p>Chest pass:</p>  <p>The ball is passed from one player to another players chest. Start with the ball at chest height, step towards team mate, extend arms and throw the ball.</p> <p>Shoulder pass:</p>  <p>A quick pass delivered from the shoulder. Move the opposite foot forward to throwing arm and hold the ball at head height with fingers spread behind the ball. Body weight is transferred from the back foot</p>	<p>Lean to the front foot. The hand, arm and shoulder should then thrust forwards releasing the ball.</p> <p>Bounce pass:</p>  <p>A pass that bounces once before reaching the receiver. Aim to bounce the ball just over half way between you and your team mate. Start with the ball and chest height and push the ball down.</p>
	Catching/Receiving	A skill used to receive the ball, We will develop our hand-eye co-ordination and learn to catch the ball from a standing position. When we can do this we will run forward to catch/receive the ball.	

	enabling the team to keep possession of the ball.	<p>We will vary the distance between catcher and thrower.</p> 
Dribbling	A skill to take the ball forwards past opponents by continuous bouncing.	<p>We will practise dribbling when standing still and then when moving with the ball. We will use our hand eye coordination to keep in control of the ball.</p> 
Dodging	A change of speed and direction in order to get free into position to receive the ball.	<p>We will practise dodging to receive the ball. We will move our bodies quickly keeping our eyes on the ball.</p> 
Shooting	A skill used to score a goal.	<p>We will practice our shooting skills. We will practise taking aim at the net, bending our knees and extending our arms.</p> 

<p>Attacking and defending</p>	<p>A technique used to mark your opponent to stop them finding a space to receive the ball or for a player to intercept a pass.</p>	<p>We will practise our attacking and defending skills by marking the opposite team players using our arms from a distance and keeping our eyes on the ball.</p> 	
<p>Key terms:</p> <ul style="list-style-type: none"> Attack Defend Free space Change of speed Decision making <p>Equipment:</p> <ul style="list-style-type: none"> Basketball Basketball hoops Bibs Cones 	<p>Match:</p> <p>The aim of basketball is to score more points than the other team by shooting the ball into the basket. Baskets can be worth 1,2 or 3 points.</p> <p>The team with the most points at the end of the game wins.</p> <p>Each game begins with a jump ball or tip-off. The referee throws the ball into the air of the centre circle and two opposing players leap up to try and tap it away.</p>	 <p>Positions on the court:</p> <ol style="list-style-type: none"> 1 point guard 2 shooting guard 3 small forward 4 power forward 5 center 	