

Year 4 Basketball

National Curriculum objectives

Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.
Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Key Learning

- Dribble under pressure
- Pass & catch a basketball using chest bounce, developing to doing so whilst on move
- Pivot to take, receive and make pass

Equipment

- Class set of basketballs
- Class set of cones
- 5 large bins or boxes

Key Vocabulary

Accuracy: Being able to make passes and shots making sure they get to the location the player is aiming for.

Baseline: A line that runs from sideline to sideline 4 ft behind the backboard at the ends of the court.

Bounce: When a ball hits the floor and returns to the air.

Bounce pass: A player passing the ball to a teammate by bouncing the ball off the floor.

Catch: To grab or capture the ball in your hand.

Chest pass: The player in possession of the ball throws a two-handed pass from their chest, in a straight line, to the chest of the player receiving the ball.

Dribble: The act of bouncing the ball continually.

Double dribble: When a player uses both hands simultaneously when dribbling or when a player interrupts a dribble by holding the ball momentarily in one or both hands.

Head: Top of the body – the importance of keeping head up when travelling and shooting.

Opponent: A player on the opposite team.

Pass: Sending the ball to another player.

Pivot: When a player turns/rotates on the spot, keeping one foot on the floor.

Protect: To stop the ball being taken by an opponent.

Receive: When the ball is passed to you by another player and you are able to catch it.

Sideline: The two boundaries lines running the length of the court.

Sprint: A full speed run over a short distance

Target: A mark which you try to hit when throwing.

Key Questions

How can you show your teammate that you are ready to receive a pass?

Can you name all the important lines on a basketball court?

What part of your dribble technique do you need to work on?

How can you let your teammate know that you are ready to receive a pass?

Safety

- Remove all jewellery including earrings
- Long hair must be tied back
- Wear suitable footwear
- Use correct techniques
- Complete a warm-up and cool-down