

## Year 6 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

- Shoot with the correct technique at end of a dribble
- Defend using defensive stance & mark
- Develop accuracy of pivot to take receive and make pass
- Apply skills to full size game

### Equipment

- Class set of basketballs.
- Class set of cones.
- Basketball hoops.

### Key Vocabulary

**Aim:** Preparing to pass or throw the ball towards a given target.

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

**Arc:** The angle that the ball enters the hoop – aim up in an arc rather than straight at the hoop to get it in the basket.

**Balance:** To stay still and steady in a position or shape. To keep steady on your feet while moving and performing skills.

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

**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.

**Defend:** Preventing the opposition scoring a point.

**Dribble:** The act of bouncing the ball continually.

**Intercept:** Blocking the ball from passing between two other players.

**Mark:** Covering, tracking and following a member of the opposite team and try to stop them receiving the ball by intercepting any passes.

**Opponent:** A player on the opposite team.

**Pass:** Sending the ball to another player.

**Push:** Dribbling the ball up the court quickly.

**Space:** The area to move around and perform your skills in.

**Shoot:** Attempt to score points by throwing the ball at the backboard/basket.

**Strong:** Having power and able to withstand force.

**Target:** A mark which is aimed at when throwing accurately.

**Wide:** Apart from something – opposite of narrow.

### Key Questions

What ways can you make it harder for your opponent to get the ball when you are dribbling?

Why should you jump when shooting and release the ball at the top of your jump?

What are the key points to remember when shooting?

How do you get away from a player if they are marking you tightly?

### 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