

Physical Education

Level 3

Topic:	Indoor Games
Sub-Topic:	Basketball
Overview:	<p>This practical unit is designed to develop the understanding of different indoor activities we focus on in PE. This particular sub-topic will focus on basketball. Students will explore and develop a number of different skills, techniques and tactics that will allow them to be successful in basketball. They will learn about the rules and conventions within the game including etiquette and fair play. As well as the development of physical skills, there is an emphasis on the students' holistic development (physical, mental, social and emotional).</p>
Content:	<p>Technical Skills - Through the teaching of the technical skills the following aspects will be considered:</p> <ul style="list-style-type: none">• Speed, power and accuracy• Weight and angle• Timing and control• Direction, flight and trajectory• Deception and disguise• Appropriate decision making/options during game play• Offensive and defensive <p>Shooting</p> <ul style="list-style-type: none">• Lay up - Approach from appropriate side, 45 degree angle, jump off one foot, knee up, extended arm, hit top corner of square, safe landing• Set shot - Square to basket, knees bent, feet shoulder width apart, ball in front of face, elbow high, push fingers through ball• Jump Shot - (See set shot) add in jump from 2 feet, release ball at top of jump <p>Passing</p> <ul style="list-style-type: none">• Chest pass• Bounce pass• One hand pass• Overhead pass• Javelin• Use of fake pass <p>Dribbling</p> <ul style="list-style-type: none">• Control of ball• Finger tips not palms• Use of both hands• One hand crossover• Flair/creativity - controlling ball whilst bouncing through legs, around the back• Change of direction to beat an opponent <p>Footwork</p> <ul style="list-style-type: none">• Pivot• Jump catch• Scoot stop• Dodge and feint to lose a marker

Defence

- Body positioning - Low centre of gravity, wide stance, head up
- One hand blocking pass/shot
- Jump blocking
- Interceptions
- Basket side and back to basket
- Side shuffle
- Court positioning - half court/full court/key

Rebounding

- Catch ball at highest point
- Secure ball and outlet pass

Decision Making (With/without possession)

- Exploring different decisions in multiple game scenarios
- Explore all possible decisions/options
- Execution of best option

Communication

- Verbal - calling for the ball
- Non-verbal - signalling and eye contact
- Roles and responsibilities - ball carrier

Tactical Development

- Formations - man to man/zonal/1/2 court press
- Positions - guard, centre, forward
- Roles and responsibilities
- Width/depth
- Set piece
- Set plays - fast break, weave attack

Rules

- Formal rules - travelling, double dribble, half court violation, 3 seconds in key
- Fouls - Offensive and defensive
- Informal rules (etiquette)
- Safety
- Officiating the games

Indoor Games (Basketball, Netball)

Level 3

Significant Aspects of Learning

