Physical Education

Level 3

Topic:	Indoor Games
Sub-Topic:	Basketball
Overview:	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).
Content:	Technical Skills - Through the teaching of the technical skills the following aspects will be considered: • 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
	 Shooting 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
	Passing Chest pass Bounce pass One hand pass Overhead pass Javelin Use of fake pass
	 Dribbling 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
	Footwork 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

Cognitive Skills

I can:

- > demonstrate a tactic/strategy to beat my opposition.
- > identify key steps of a skill or strategy and link them together in performance.

Problem Solving
Focus & Concentration
Decision Making
Creativity
Cue Recognition
Sequential Thinking
Prioritising
Multi-processing

Physical Competencies

Lca

- > smoothly transfer my weight in order to change direction, speed and level.
- > pass, move and shoot with precision, control and quality.
- > maintain possession

Personal Qualities

I can:

- > give my best effort in practice and game situations.
- > encourage my classmates to give their best effort.
- > demonstrate selfcontrol to follow the

Motivation
Confidence & Self Esteem
Determination & Resilience
Responsibility & Leadership
Respect & Tolerance
Communication

Stamina Speed Core Stability & Strength Flexibility

Physical Fitness

l can:

- > push myself to sustain an appropriate level of physical activity to challenge myself. > demonstrate an awareness of how my body reacts to physical activity.
- > move quickly to a