



John Port Spencer Academy PE Department Knowledge Organiser



Activity: Basketball

Year: 7

Key Skills:

Dribbling: Head up, spread fingers and fingertips, waist height.
Chest Pass: W grip, step, chest to chest, follow through, short distance.
Bounce Pass: W grip, step, chest to chest, follow through, bounce before player, short distance.
Pivoting, footwork and jump stop: Landing on alternative feet- first foot to land is the static pivoting foot.
 Landing on simultaneous feet- either foot can become static pivoting foot/can be used at the end of a dribble or when receiving a pass.
 On the move- release ball before third step.
Set shot: Knees bent, dominant foot slightly in front of other, strong hand at bottom, supporting hand on side, and elbow at 90 degrees.
Defending: Man to man- knees bent, back straight, head up, arms out, watch opponent's belly-button.
Attacking: Dribble into space, screen defenders, dribble out wide and quick inward passes, drive towards ball to receive pass losing defender, overload zone defence.

Rules:

- Played with two teams of five
- Score by shooting through a hoop
- A side line ball is taken from the opposite team who touched it last
- Outside of the three point arc a basket is scores 3pts and inside scores 2pts
- Once the offense has brought the ball across the mid-court line, they cannot go back across the line during possession
- Personal fouls include hitting, pushing and holding
- Fouling a shooter results in one, two or three free throws, worth 1pt each, depending on where and how they were fouled
- Players cannot travel with the ball or double dribble
- Players cannot hold the ball for longer than 5 seconds



Stretch and Challenge Task:

Draw a basketball court in your knowledge book and label it correctly with the lines that are the 3-point line and the free throw line.
 Learn about the different positions and write them down in your knowledge book.

Key Content and Terms to learn:

Dribbling
 Chest Pass
 Set Shot