

I should already know:

- Components of fitness
- 1 rule of Basketball
- 2 short term effects of exercise
- What equipment is used in basketball

I will learn:

The 3 main types of pass in basketball

How to dribble in basketball

The rules of basketball

How to perform a lay up

How to shoot in basketball

How to block in basketball

Understand the court markings

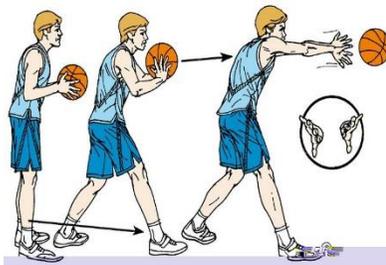
What Maximum Heart Rate is

How to calculate MHR

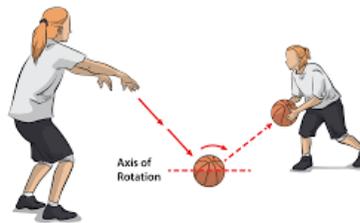
Key Words

Agility	The ability to quickly change direction to evade an opponent or make an offensive move within sport
Speed	The ability to move quickly from one point to another
Pivot	Used to define both the act of keeping one foot in place while moving the other and the actual foot which remains on the ground. Keeping one foot in place is necessary when a player stops dribbling the ball but wishes to re-position himself for a pass or shot.
BEEF	Balance, Elbows, Eyes, Follow-through
Lay up	A layup in basketball is a two-point shot attempt made by leaping from below, laying the ball up near the basket, and using one hand to bounce it off the backboard and into the basket. The motion and one-handed reach distinguish it from a jump shot. The layup is considered the most basic shot in basketball
MHR	Maximum Heart Rate

Chest Pass



Bounce Pass



Overhead Pass



Shooting



Greater Depth Challenge

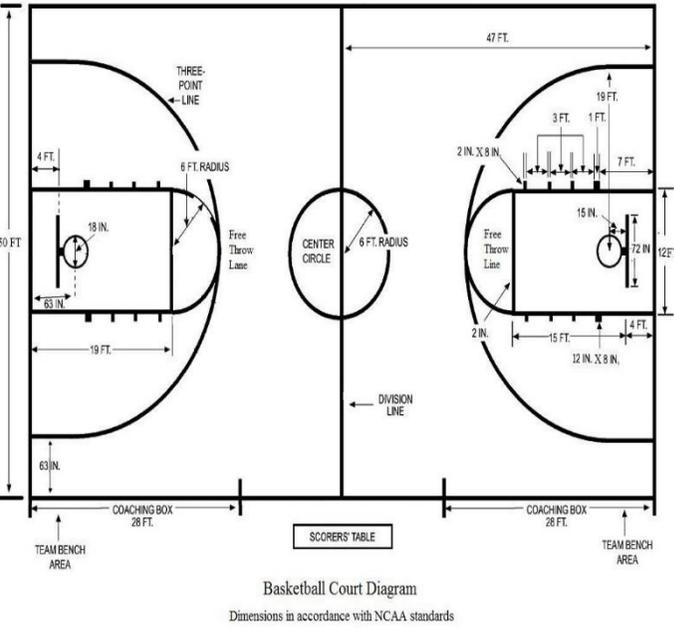
Can you name all 11 components of fitness?
Which country is Basketball most commonly played?

This will help in the future:

- Competitive match situations.
- Coaching others.
- Implementing strategies
- Communication

Further Reading

KS3 BBC Bite-size – Physical Education



Skills

- Dribbling** - Head up/spread fingers and fingertips bounce the ball/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.
- Javelin Pass** - Sideways on/ elevation/ shoulder to shoulder/ step/ follow through/ arch/ long distance.
- Pivoting, footwork and jump shot** - Landing on alternate 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 Set shot Knees bent/ dominant foot slightly in front of other/ strong hand at bottom/ supporting hand on side/ elbow at 90 degrees.
- Lay-up** - Strong hand at bottom/supporting hand on side/ keep it high/ right hand dribble, step right, jump left aim for top right corner of box/left hand dribble, step left, jump right, aim for top left corner of box.
- Defending** - Man to man/ knees bent/ back straight/ head up/ arms out/ watch opponents belly-button.
- Defending** - Zone marking/team defence around the key/take up positions around key when possession is lost Defending - On the move/ arms out wide/diagonal side steps backwards/try to channel players to the side lines. **Attacking** - Dribble into space/ screen defenders/ dribble out wide and quick inward passes/ drive towards ball to receive pass losing defender/overload zone defence.
- Triple threat position** - Knees bent/ hands positioned on ball so ready to shoot/ head up/ can dribble, pass or shoot from here.

RULES OF BASKETBALL

- Played with two teams of five.
- Score by shooting a ball through a hoop.
- A side-line ball is taken from the opposite team to who touched it last.
- Outside of the three points arc a basket scores 3pts and inside scores 2pt.
- 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 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.

Short Term Effects of Exercise

1. Increase uptake of oxygen
2. Increased production of Carbon-dioxide
3. Raised heart-rate
4. Raised body temperature
5. Redistribution of oxygen to working muscles
6. Muscle fatigue

MHR = Maximum Heart Rate
MHR = 220 – Age
It is recommended that you exercise within 55 to 85 percent of your **maximum heart rate** for at least 20 to 30 minutes to get the best results from aerobic exercise. The MHR calculated as 220 minus your age, is the upper limit of what your cardiovascular system can handle during physical activity.