

### I should already know:

- Long Term Effects of Exercise
- Three types of pass in basketball
- BEEF

### I will learn:

**Spatial Awareness** – Moving into space, communicating to team mates that you are in space. Why do we need to move into space?

**Passing** – Types of passing, making the right decision as to which type of pass to use and when to pass. Accuracy and technique.

**Dribbling/ Running with the ball** – Keeping control of object ball. Decision making on releasing object ball.

**Shooting** – Different techniques, accuracy, power, decision making.

**Sports Leadership** will be incorporated to every lesson. Student led warm-ups, Students leading within groups, students leading cool downs, team captains.

### Key Words

Spatial Awareness	Spatial awareness is the ability to see and understand two or more objects in relation to each other and to one's body in terms of space and distance.
Tactics	Tactics are a plan or strategy put into place to allow the best outcome for an individual or team in sporting competition
Formation	A formation are the positions players of a team are put into during a competitive match. There are different formations depending on your strategy
Leadership	The ability to lead a team and be a role model to your team mates. Communicate strategies and tactics in a way that motivates team members.
Accuracy	How precise a pass, shot or throw is when aiming for a specific target.
Technique	Technique is skill and ability in a sporting or other practical activity that you develop through training and practice.

Blocking



Overhead Pass



Jump shot



Dribbling



### Greater Depth Challenge

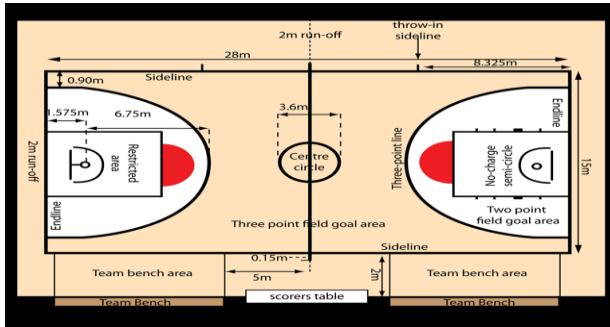
Can you name 8 components of the heart?  
What is the scoring system in basketball?

### This will help in the future:

Competitive match situations.  
Coaching others.  
Implementing strategies  
Communication

### Further Reading

KS3 BBC Bite-size –  
Physical Education



### Rules

#### 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.

#### Scoring System in Basketball

A basket scored can count as one, two or three points, depending on your shooting location. A free throw remains the only way to score outside of game play, as it occurs after a whistle. Basketball rules determine when you will have an uncontested free throw worth one point. The dimensions of the basketball court determine where a shot must originate for it to count as three points

#### How to Score

To score a basket in basketball, the ball must pass through the hoop from above. The shot must originate from somewhere on the playing area. If the ball does not pass completely through the basket, no points are counted.

#### Free Throw

Each free throw made counts as one point. The free-throw line is located 15 feet from the backboard in the center of the floor. For you to receive a free throw, the opposing team will have to commit a foul on you as you shoot or commit more than five personal fouls over the course of one quarter. If you are fouled as you sink a basket during game play, you will receive one bonus free throw. If you miss the shot, you will receive two or three free throws, depending on the location where the shot originated.

#### Two-Point Shot

Any basket from a shot taken from inside the three-point line during game play counts for two points. The three-point line is located 23 feet 9 inches from the centre of the backboard. If a player steps on the three-point line before releasing the ball, the shot will count for only two points.

#### Three-Point Shot

Any basket from a shot taken from outside the three-point line counts for three points. The shooting player can step on or cross the three-point line after releasing the ball; the shot will still count for three points. The shooter must have at least one foot on the floor outside of the line before taking the shot.

#### Cardiovascular System

