

Invasion Games: Basketball

Year 1 : Autumn 2

<p>Coverage:</p> <ul style="list-style-type: none"> • Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities • Participate in team games, developing simple tactics for attacking and defending 	<p>Knowledge and Key vocabulary:</p> <ul style="list-style-type: none"> • Agility, balance and coordination • Space • Passing: throwing, rolling, one hand, two hands, high, low. • Speed • Movement: forwards, backwards, sideways • Spin, jump, catch, rebound, shoot, dribble, foul • Change direction • Attack • Defence 	
<p>Thrive Link</p> <ul style="list-style-type: none"> • I can work together in a partner • I can be aware of others abilities • I can follow instructions • I can be safe 	<p>Physical Skills</p> <ul style="list-style-type: none"> • I can send a ball to someone else • I can send and receive a ball • I can move to catch or collect • I can run at different speeds • I can jump from standing • I can catch a basketball with two hands • I can take part in sending and receiving • I can recognise changes to my body during exercise 	<p>Basketball Rules</p> <ul style="list-style-type: none"> • Non-contact sport • When a player has the ball they cannot move, unless dribbling (travelling) • Dribbling must be continuous, a player cannot start and stop (double dribble) • A player must be 1m away when defending with hands up.
		