

SUBJECT: P.E

UNIT: Year 10 Basketball



Key Skills –

Communication – Being able to give verbal instructions or information in order to benefit the team's performance. This may be linked to the other team's current position on the court or areas where their own team needs to move to.

Team work – Work collectively with other students a part of a cohesive team. Ensure that communication is given positively to each other, whether it is to give team mates areas to improve or to let them know what they are doing well.

Leadership – Ensure that all members of your team are working cohesively towards the same goal. Team mates are aware of their own and each other's roles, what they entail and what is expected of them.

Fouls – When a player stops or impedes the oppositions play. This can be done with physical contact or any type of infringement of the rules.

Screen – When an offensive player positions themselves into a position which creates space for their teammate whilst also blocking a defensive player.

Shot clock – Usually from 24-30 seconds (depending on format). The team has a set amount of time to attempt a shot. As long as the ball has left the shooting players hands before the shot clock expires it is a legal shot (it does not have to have gone through the hoop by the time the time is up). It is used to speed up the pace of the game.

Positions -

Point Guard - Primarily responsible for handling the ball, initiating offensive plays, and making assists

Shooting Guard - A primary scorer, often with strong outside shooting skills.

Small Forward - A versatile player who contributes to scoring, rebounding, and defence.

Power Forward - Plays close to the basket, often involves physical play and rebounding.

Centre - Typically the tallest player, plays near the basket, and focuses on rebounding and defence.

Roles of officials/referees –

- Enforcing rules
- Stopping play
- Making calls/decisions
- Awarding free throws (if there has been an accumulation of fouls or a foul whilst a player was shooting)
- Managing the game

Transferable life skills –

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