

SUBJECT: P.E

UNIT: Year 7 Basketball



Key Skills

Dribbling

Bounce the ball using your fingers, not your palm (“dirty fingers, clean palms”).

Keep the ball around waist height and stay in a slight squat to help control and move quickly.

Chest Pass

Use a W-shaped grip on the ball with fingers spread.

Hold the ball at your chest with elbows close to your body.

Push the ball forward using your arms and fingers to pass accurately.

Bounce Pass

Use the same grip as the chest pass.

Bounce the ball so it lands halfway between you and your teammate.

Shooting (B.E.E.F.)

- **B – Balance:** Feet shoulder-width apart, knees bent.
- **E – Eyes:** Focus your eyes on the target (the hoop).
- **E – Elbow:** Keep your elbow under the ball at a **90° angle**.
- **F – Follow Through:** Flick your wrist forward so your hand “reaches into the hoop”.

Defending

Stay low with bent knees so you can move quickly.

Keep your arms out to block passes, but don't touch the player—this is a foul.

Lay-ups

Dribble towards the side of the basket.

Hold the ball in two hands on your shooting-hand side.

Step with your opposite foot (right hand = left foot) before jumping to shoot.

Rules

- 5 players on each team.
- The team with the most points wins.
- **No contact** with other players.
- **2 points** for a normal shot, **3 points** if taken outside the **3-point line**.
- **No double dribbling** (you can't dribble, stop, then dribble again).
- **No travelling** (you must bounce the ball when moving).

