

Y9 Basketball Curriculum Summary

Name of unit	Basketball
Why do we study this unit?	Basketball is a national sport. It is excellent for developing fundamental motor skills, enhancing team skills & team work. A team game that helps stimulate social skills used in everyday life.
By the end of the unit, students will be able to....	Students will develop a basic understanding of the skills used to participate in Basketball. They will learn skills, rules and tactics surrounding these sports.
Links to previous units	Pupils will learn the relevant skills, rules, fitness tests and tactics surrounding each sport within the PE curriculum. Pupils will follow this same structure throughout each sport as this builds the relevant knowledge that will maximise pupils progress and success. Additionally the sporting characteristics will be linked throughout so that pupils can adapt and demonstrate these values within school and in later life.
Key vocabulary	Self - Belief, Drill, Practise, Umpire, Flagrant, Strategy, Tactic
Week and summary topic	Knowledge and skills learned
1: Skill	Lay-up & Rebounding
2: Rules	Fouls (charges offensive/defensive) Contact (reaching/holding/striking) Flagrant behaviour (kicking, punching, poor sportsmanship) Types of Free Throw
3: Fitness	Power & Agility - SAQ 1. Illinois Agility run 2. Vertical Jump
4: Strategy / Tactics	The Fast Break
5: Competition	Inter House Competitions