

Knowledge Organiser: PE Year 7 Basketball

Skills

Key Words	Description	Coaching Points	Useful Information
Chest Pass	The ball is passed from one player to another player's chest.	Start with the ball at chest height Step towards team mate Extend arms Thumbs down, palms out	Use over short distances
Bounce Pass	A pass that bounces once before reaching the receiver.	Aim to bounce the ball ¾ of the way between you and your teammate Step past defender	Use to get past a close defender
Dribbling	To bounce the ball continuously with one hand. Required in order to take steps with the ball.	Keep the ball on the side of body away from defender Use fingertips to push ball down Keep ball below waist height Keep head up	Dribbling should be the last resort Players should look to shoot or pass before attempting to dribble
Set shot	A shot taken without leaving the floor.	Balance Elbow Eyes Follow through	Bend knees Flick wrist
Man to man marking	A defence in which each player guards a single opposing player	See your man See your basket Back to your own basket	The nearer to the ball your opponent is the closer you should mark them Step away from the player with the ball if they have used their dribble
Dodge	A way of getting free from your opponent to receive a pass	Fake one way to put the defender off balance and then go the other	Timing is crucial

Set Shot



Rules

Infringement	Description	Hand signal
Double dribble	When a player dribbles with two hands at the same time or picks up the ball, stops and dribbles again	
Foul	Illegal contact with opponent	
Travel	A travel occurs when the player lifts the pivot foot and then returns it to the floor before releasing the ball on a pass or a shot.	

Effects of exercise

Short term	Long term
Increased muscle contractions Increased heart rate Increased rate of breathing	Increased bone density Heart muscle increases in size and strength Increased strength of diaphragm and intercostal muscles

Components of fitness

Component of fitness	Definition	Example of use in the game
Power	Combination of strength and speed	Jumping for a rebound
Agility	Ability to change direction quickly	Dodge to beat a defender
Cardiovascular endurance	Ability of heart, lungs and blood vessels to produce energy	Being able to play well for the entire game

The court

