



# PE - Knowledge Organiser

## Autumn One – 2024 -2025 - Year 4– Basketball



### Knowledge Organiser Basketball Year 4

#### About this Unit

Basketball is an invasion game. An invasion game is a game where two teams play against each other. You invade (enter) the other team's space to try to score goals.

Basketball was invented in 1891 by an American PE teacher called James Naismith. The game was created so that his students could play indoors in the winter. The first game of basketball used peach baskets as the hoops which is why it is known as basketball!

Invasion Games Key Principles	
attacking	defending
score goals	stop goals
create space	deny space
maintain possession	gain possession
move the ball towards goal	

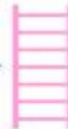


Can you think of any other invasion games that share these principles?

Powerful Knowledge

- accelerate:** speed up
- accurate:** successful in reaching the intended target
- decision:** select an outcome
- delay:** to slow someone down
- deny:** to prevent an action happening
- gain:** get possession of the ball
- option:** possible choices
- possession:** to have
- pressure:** to add challenge
- protect:** to look after
- receiver:** the person collecting or stopping the ball
- referee:** the person who makes sure the rules are followed
- supporting:** being an option for the person with the ball
- teamwork:** working with others to succeed
- tournament:** a competition of more than two teams

#### Ladder Knowledge



**Sending & receiving:**  
Cushioning a ball will help you to control it when catching it.

**Dribbling:**  
Protecting the ball when you dribble will help you to maintain possession.

**Space:**  
Moving into space will help your team keep possession and score goals.

**Attacking:**  
Shoot when close to goal or if there is a clear path.

**Defending:**  
Mark a player to stop them from being an option. Try to intercept the ball as it is passed.

#### Movement Skills

- run
- jump
- throw
- catch
- dribble
- shoot

This unit will also help you to develop other important skills.

- Social:** responsibility, communication, support
- Emotional:** honesty, independence, confidence, perseverance
- Thinking:** exploration, observation, select and apply skills, make decisions

#### Rules

- Double dribble:** dribbling the ball with two hands at the same time and / or dribbling the ball, catching it and then dribbling again.
- Travelling:** moving with the ball without dribbling it.
- Foul:** you cannot push, hold or make contact with an opponent that stops their movement. If a rule is broken, the opposing team get a free pass.

#### Tactics

Using tactics will help your team to maintain possession and score goals or deny space, gain possession and stop goals.

#### Healthy Participation



- Make sure any unused equipment is stored in a safe place.

If you enjoy this unit why not see if there is a basketball club in your local area.



How will this unit help your body?

agility, balance, co-ordination, speed, stamina

#### Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)

#### Dribble to Score

What you need: a ball, 4 socks, 2 players

#### How to play:

- Place 4 socks with feet ends.
- The attacker places 4 feet in the socks to form a path with the ball.
- Once it gets to goal, the defender stops their feet to give the attacker space to attack again.
- The attacker cannot walk on the game mat that they have started from.
- If the defender puts the ball, they become the attacker.

#### Top tip:

- Our teachers use to block spaces and only walk on the ball when the attacker's head is not in contact with it.
- Remember, turn your back to the defender and hold them off with your own dribbling hand to control the ball!



[www.getset4education.co.uk](http://www.getset4education.co.uk)

Head to our youtube channel to watch the skills videos for this unit.



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