



St Andrew's C of E Maghull

Knowledge Organiser



Year 5 – Autumn 1 – PE – Invasion through Basketball

Knowledge:

-I know how to conduct a short warm up that increases my heart rate and allows my muscles to stretch and relax.

-I know basic rules to play Hockey.

-I know the main principles of attack and defend positions in Invasion Games and can execute them to support my team.

-I know what aspects of an Invasion Game (Attack or Defend) I am good at and through game play can identify ways to improve these.

-I know that is easier to receive a ball when my body position is faced towards the thrower/kicker.

-I know my body position for dribbling needs to be in Ready Position with my knees slightly bent, on my toes and my body in an open position.

Skills:

-Play in formations and execute 'set plays' in game situations.

-Explain the need for different tactics and attempt these in a game situation. Know and apply the rules consistently in a game situation.

-Able to combine basic skills such as dribbling and passing.

-Select and apply skills in game situation with some consistency e.g., dodging, pivoting, dribbling and running with the ball.

-Move balls over longer distances accurately, demonstrating power.

-Play in different positions with some success.

-Where appropriate mark goal side.

-Use appropriate language to explain their attacking and defensive play.

-Use specific learned skills to maintain possession during a game.

Vocabulary:

Control - to keep possession of the ball for extended periods of time.

Use space - determining the position of the ball, other players and unoccupied areas of the pitch

Defend - preventing an opponent from scoring

Attack - the movement of the team in possession of the ball

Chest Pass - a way for players to move the ball around the field by keeping it away from the other team

Collaborate – work together

Teamwork - working collaboratively with a group of people in order to achieve a goal.

Shoot – aim at the net

Footwork - take a step in any direction with one foot (but not both) and pivot on the spot with the other foot.

Foul - **any** part of your foot is touching the line or you step into the court in the process of taking the throw in

Free pass – a player with or without the ball cannot move into an area of the court that isn't designated for their position

Tactics- plan that is used for defending or attacking.

Compete- take part in a contest/ game.

Pivot- a movement in which the player holding the ball may move in any direction with one foot, while keeping the other (the pivot foot) in contact with the floor.

Lesson Sequence:

Lesson 1:
I can use blocking to stop an opponent from shooting

Lesson 2:
I can use the front pivot and trying to use it in a game

Lesson 3:
I can use a forward pass and wing play to build an attack as a team

Lesson 4:
I can perform a one-handed push pass under pressure

Lesson 5:
I can create space using the box-out technique to recover rebounds.

Lesson 6:
I can catch the ball under pressure into the triple-threat position