

# Year 10 Physical Education Knowledge Booklet

## Basketball

Name:

Class:



### What PE kit do I need?

Black school PE shorts, blue school PE t-shirt, Non-marking trainers and white sports socks/school blue PE football socks.

### **Assessment Criteria**

3	Participates in the game with movement around the court but with no impact or influence.	
4	Demonstrates basic skills around the court with success in most cases, good movement around court.	
5	Uses both hands when playing, basic skills used well under pressure, shooting accuracy improving.	
6	Shows control when in possession of the ball, plays with head up and uses lay ups in the game.	
7	Controlled play and influences game. Tactical awareness in both defence/attack. Likely school player.	
8	Good all round technical ability and strong influence in games. Likely club player.	
9	High level of technical ability, outstanding tactical awareness. Strong leadership.	
S7	Social	Involve and motivate others. I seek feedback to develop my emerging leadership skills.
S8	Social	Inspire and enthuse others around me and take on a range of roles within the team.

### Big Questions

1. What are the rules and key skills required for game play in basketball?
2. How does variation in passing allow us to attack up the court?
3. How can I apply accuracy to my shooting—jump shot?
4. What is the most effective defensive technique and how can we improve our interception chances?
5. What is the difference between 'man to man' and 'zone' defence?
6. Do I understand the rules of play to be able to umpire a game?

#### Web Links:

Passing Variations:

<https://www.youtube.com/watch?v=5ubtnSTo86s>

Basketball Rules:

[https://www.youtube.com/watch?time\\_continue=2&v=OK3jNSfm3rM&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=2&v=OK3jNSfm3rM&feature=emb_logo)





Referee signal for blocking foul



Referee signal for a charging foul

## Players

A basketball team consists of five players per side and is divided into different positions. Like most sports the team has very clear roles to support their overall success:

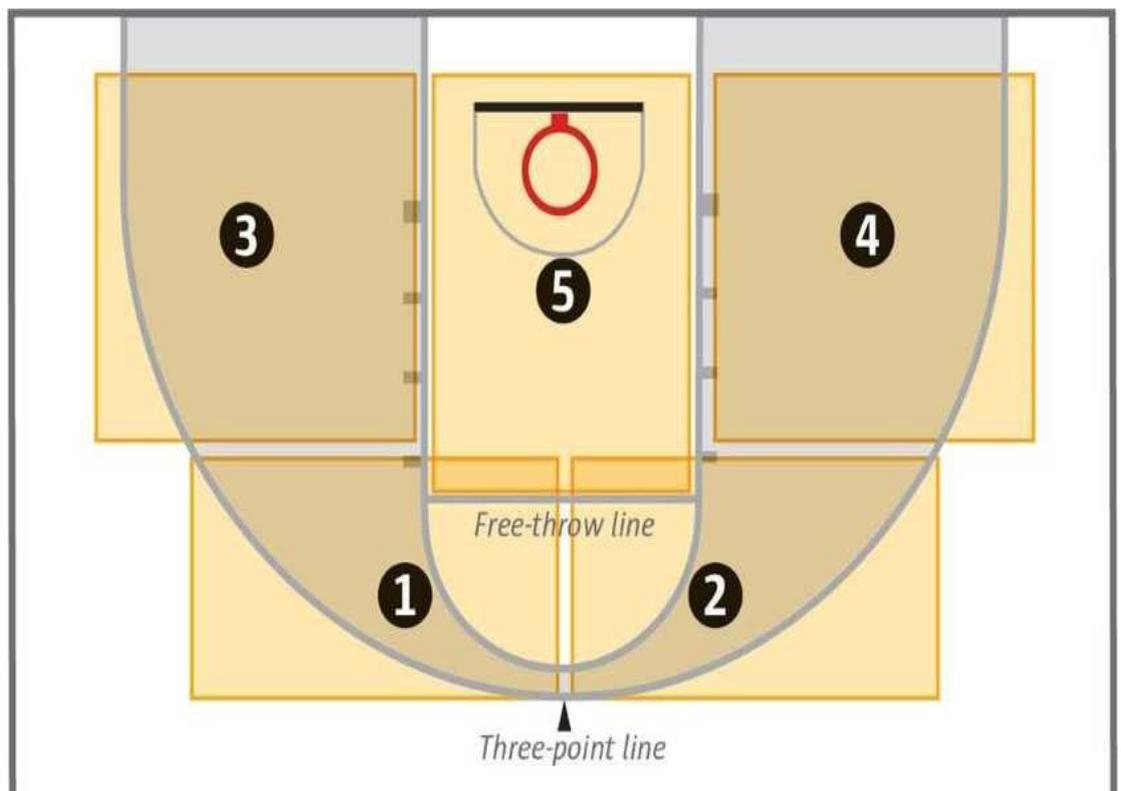
- Point guard - this is usually the smallest player on the team and has outstanding passing and handling skills. Their role requires them to move the ball up court and begin all attacking positions.
- Shooting guard - this player is normally quite tall in stature but is required to have great distance-shooting skills. A basketball team will usually try to set an attacking screen and allow the shooting guard to come off teammates and shoot, pass, or drive at the basket.
- Small forward - this player has a versatile role and is required by the team to be strong, athletic, have good handling skills, and the ability to shoot effectively from short and long range.
- Power forward - as the name suggests this player is required to be very explosive and powerful to ensure they are able to catch passes and hit shots near the basket.
- Centre - this player is usually the tallest player and is required to post up in attacking positions. Their height allows them to receive the ball with their back to the basket and deploy basic skills to make a shot.

**Blocking** - A blocking foul is called when one player uses their body to prevent the movement of another player. This is often called when the defensive player is trying to draw a charge, but does not have their feet set or initiates the contact.

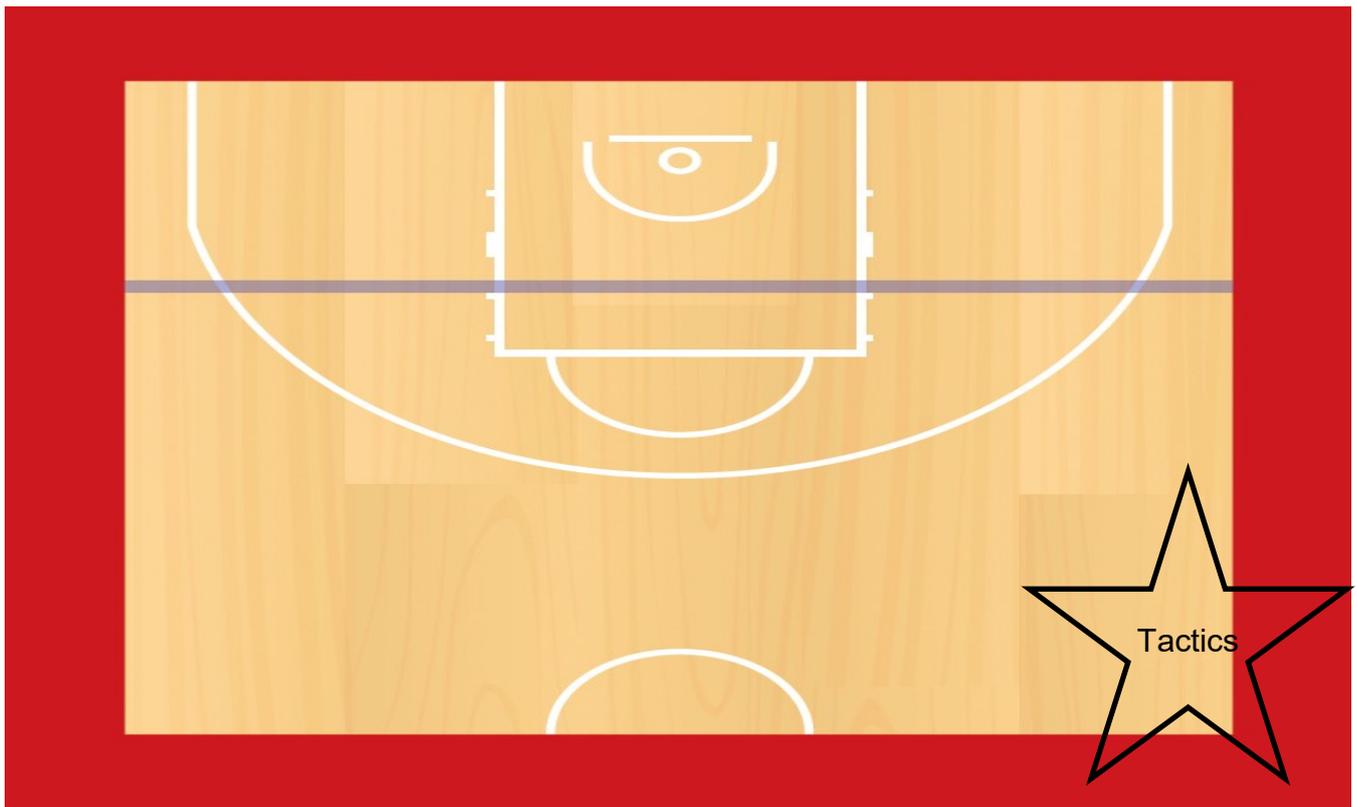
**Charging** - Charging is called on the player with the ball when they run into a player that already has position. If the defensive player doesn't have position or is moving, then generally the official will call blocking on the defender.

## What is the 2-3 zone defense?

The 2-3 zone is a defensive setup that has two players at the frontcourt and three in the backcourt, each guarding an area of the court as opposed to an individual player.



Use the basketball court below to draw in and annotate an offensive tactic e.g. pass, cut, replace or setting a screen.



What is the difference between half court defence and the back court rule?

What time violations exist in basketball? Describe them below?

**Strengths.** How will you play to maximise these?

**Opposition.** What are their strengths and how will you defend against these?

