



## Year 8 Basketball: Lesson 6 – Rules and game play

### Big Question

What are the key rules in Basketball and how can we play games at home that allow us to demonstrate understanding of the rules?

### Warm Up

Watch this warmup and select some activities that you can mould into a 10 minute warm-up routine.

<https://www.youtube.com/watch?v=KzEF-E80W0A>



Has this warmup worked for you? What could you integrate from this into other sports warmups?

### Game Play

The challenge here is to create a game that can mirror a basketball match as closely as possible. Be creative and choose goals or targets that can be used instead of baskets (or hang a bin/basket from something high). Try playing 1v1 or 2v2 depending on how many players you can find. If possible have a referee and then swap round. The key rules you need to apply are:

- Travelling
- Double dribble
- Foul/contact.

Invent your own game and try and apply these.

#### Activity 1 – Game play

Adopt the role of player/manager-organiser/referee. See which of these roles you prefer. When playing try to use the skills we have worked on in the previous 5 lessons:

- Passing
- Dribbling
- Shooting
- Defensive work
- Rebounding

Evaluate your improvements over this unit and share with friends or your teacher.

*Up the challenge*

When possible get a bigger group of you together and play a larger game. Can you get this to 5v5?

#### Activity 2 – Rules test.

This can be done if the weather is not good or for another reason you can't get to play and do the practical components. Try this rules quiz

<https://www.beano.com/posts/the-ultimate-basketball-trivia-questions>



### Get inspired

If you want to challenge yourself further or enjoyed this sequence of lessons try these extension activities:

- Research the clubs available in your local area where you may want to try a session to see if you want to take your Basketball further in your spare time.
- What about making an indoor Basketball game? Watch this video and have a go if the weather means you need something to do inside.

<https://www.youtube.com/watch?v=O-Oncmrq6TE>

