



Prior knowledge

- Stay with another player to try to win the ball
- Identify teammates and be able to send the ball to them
- Passing / Catching
- Dodging
- Footwork
- Intercepting
- Shooting
- Basic rules of the game

Knowledge and skills covered in this unit:

- Use the rules of the game to play consistently and fairly
- Collaborate with others so that games run smoothly
- Use marking and interception to improve defence
- Pass, receive and shoot with increasing control under pressure
- Recognise own and others' strengths to create tactics and suggest areas for development

Key words

- Shooting:** Sending the ball towards the hoop within 4 seconds of receiving it. The ball must pass through the hoop to score. The technique requires the player to be balanced, hold ball in one hand and flick and push
- Held Ball:** A player must pass or shoot within 4 seconds of receiving the ball
- Contact:** One player cannot touch another player
- Obstruction:** Defender must be a 1m away before putting hands up
- Footwork:** You cannot move your landing foot once you catch the ball.
- Umpire:** Person refereeing the match
- Marking:** Always standing near a player to stop them getting the ball
- Positions:** There are 5 on-court positions, each with their own special role

Physical skills developed in this topic

- Contest space and for the ball

