Foxford Learning Plan

YEAR 7

Basketball

Spring 1

Key Vocabulary

Travel	A violation of the rules that occurs when a player holding the ball moves one or both their feet illegally.
Double dribble	Occurs when a player dribbles the ball with two hands simultaneously or continues to dribble after allowing the ball to come to rest in one or both hands.
Pivot	An action the ball-handler can take by rotating around a pivot foot without picking it up.
Lay up	A shot made from short range by a player on the move toward the basket.
The key	The name given to an area below and in front of the basketball hoop also commonly referred to as the paint or the lane. when a player guards tightly or hits an opponent.
Contact	When a player guards tightly or hits an opponent resulting in a foul.



Key Skills

Over the course of the topic, I will be able to: -

- Ball familiarisation - Become familiar with the sport of basketball including the pitch, positions and rules of the game.
- Passing and receiving- Deliver the ball with accuracy to a team-mate.
- Dribbling - Keep the ball under control whilst moving.
- Set shot - Shoot the ball at the basket using the correct set shot technique.
- Gameplay - Contribute effectively to a team by understanding a player's role both offensively and defensively.



I will Understand

1. The rules and regulations of basketball.
2. How to win and keep possession of the ball for the team.
3. How to dribble the ball under control using both hands.
4. How to apply the BEEF principle to a set shot routine.
5. The importance of positional discipline within a game of basketball.