Foxford Learning Plan

YEAR 8

Topic: Basketball

Spring 1

Key Vocabulary

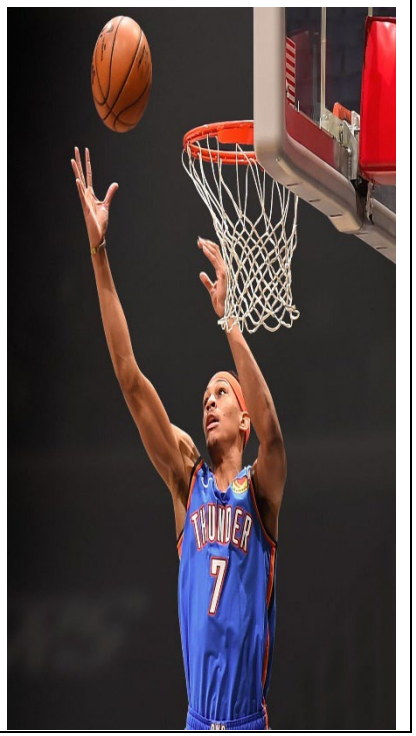
Point Guard	Player with the best ball handling skills such as passing.
Shooting Guard	Long to mid- range shooter.
Non-contact	A player is not allowed to make any contact with another person on the opposite team.
Teamwork	Working with others in your team to achieve a common goal, e.g scoring
Rebound	Catching the ball from a missed shot and continuing to attack .
Jump shot	Using BEEF technique to shoot whilst jumping.
Lay-up	A sequence of steps driving forward to score in the basket.
Reaction time	Reacting quickly to a stimuli such as the ball being passed or chasing an attacker.
Speed	The ability to put body parts into motion quickly.



Key Skills

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

- Use a variety of passes and make a player available to receive passes on the move and into space.
- Dribble the basketball using the different techniques whist keeping the ball under control.
- Recall and practice BEEF when performing a Jump Shot.
- React quickly in a competitive situation and rebound the basketball so that a team can keep possession.
- Lay-up using the correct technique.



I will Understand

1. The reasons behind using a range of passing to outwit my opponent.
2. When to dribble the ball to gain the best advantage.
3. How effective a jump shot is compared to the static set shot that was learnt in Year 7.
4. The importance of retrieving a rebound and continuing the attack.
5. The lay-up technique and why it is the mostly used in competitive situations.