Foxford Learning Plan

YEAR 9

Topic: Basketball

Key Vocabulary

Lay-up	A sequence of steps driving forward to score in the basket.
Rebound	Catching the ball from a missed shot and continuing to attack.
Non-dominant hand	The hand that is considered weakest by the player when dribbling or shooting.
Fast break	Where the offensive team rushes the ball up court hoping to get a scoring opportunity before the defence can get set.
Jump shot	A shot made while jumping.
Half court press	A defensive strategy used to force turnovers and cause disruption for an offensive team.
Half court violation	A rules violation that occurs when a player has the ball in the opposition half and proceeds to bring the ball back over the half way line into their own defensive half of the court.



Key Skills

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

- Lay-up using the correct technique and using both dominant and non-dominant hands.
- Rebound effectively in both the offensive and defensive zones.
- Dribble the ball using both dominant and non-dominant hands
- Perform an offensive fast break as part of a team in a variety of different roles.
- Have a full understanding of the rules and regulations of basketball.



I will Understand

1. The lay-up technique and why it is the most used in competitive situations.
2. A number or ways to position myself in order to rebound effectively.
3. The advantages of being able to dribble using both hands and how that helps to outwit opponents.
4. The importance of the fast break as an offensive strategy in a competitive situation.
5. The major rules and regulation of basketball and how to officiate a game.