






Year 5 Knowledge Mat - Basketball

Subject Specific Vocabulary		Basketball	Important Knowledge
triple threat	Holding the ball into your hip, feet facing forward, on your toes, knees bent hand head up. Allowing you too shoot, pass or dribble.		<input type="checkbox"/> I can perform a show and go and a triple treat.
box out	Standing in front of an opponent who does not have the ball with arms stretched out .		<input type="checkbox"/> I can dribble with control and pass the ball into space whilst looking to score
BEEF	Balance, eyes in line with the hoop and ball in line with the eyes, elbow up and in line with the eye, feet facing the way you are shooting one in front of another the same leg as shooting hand to the rear		<input type="checkbox"/> I know how to shoot towards a target
lay up	Dribbling towards the net taking 1 step and a jump to shoot the ball whilst pushing it from below.		<input type="checkbox"/> I know how to attack and defend as part of a team
block	Stopping the ball as soon as it leaves an appointments hands.		<input type="checkbox"/> I can perform a creative tactic to lead a team to win
game awareness	Knowing when to use certain techniques with in a game situation.		<input type="checkbox"/> I can use my own knowledge to referee a small sided game.
shadow	Covering the ball or opponent wherever they go or travel.		<input type="checkbox"/> I know the defensive techniques: blocking, shadowing and boxing out.
live ball	A ball moving with in a game.		
possession	When you have ownership of the ball.		
contact	Touching another player.		