








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 to shoot, pass or dribble.		<ul style="list-style-type: none"> <input type="checkbox"/> I can perform a show and go and a triple treat. <input type="checkbox"/> I can dribble with control and pass the ball into space whilst looking to score <input type="checkbox"/> I know how to shoot towards a target <input type="checkbox"/> I know how to attack and defend as part of a team <input type="checkbox"/> I can perform a creative tactic to lead a team to win <input type="checkbox"/> I can use my own knowledge to referee a small sided game. <input type="checkbox"/> I know the defensive techniques: blocking, shadowing and boxing out.
box out	Standing in front of an opponent who does not have the ball with arms stretched out .		
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		
lay up	Dribbling towards the net taking 1 step and a jump to shoot the ball whilst pushing it from below.		
block	Stopping the ball as soon as it leaves an opponents hands.		
game awareness	Knowing when to use certain techniques with in a game situation.		
shadow	Covering the ball or opponent wherever they go or travel.		
live ball	A ball moving with in a game.		
possession	When you have ownership of the ball.		
contact	Touching another player.		