



Subject: Year 7 Basketball

Overarching Topic:

Why is this topic being studied at this time?

How does it fit into the wider subject curriculum?

Our intent is to create a culture where students are able to carry themselves with pride when participating in Physical Education lessons and representing the school in extra-curricular fixtures. This will be achieved through a progressive approach, where we embrace new thinking in the pursuit of continuous improvement. Students play with respect and we set the standards for respect across Ravens Wood School. Lessons are inclusive and we champion the fact that basketball is a game for everyone. We promote determined learners who are tenacious and accountable to each other in serving the whole game and doing the right thing. We promote excellence in encouraging the students to achieve the very highest outcomes, which can only be achieved by sustained excellence in performance.

This topic will be introduced to our year 7 boys in half term 2, as Basketball is one of our performance sports it is imperative that the fundamental movements are developed at an early stage. The running of basketball will help to develop hand eye coordination, cross curricular movement skills and sport specific skills like triple threat position, dribbling skills, passing skills, shooting skills and rebounding. Basketball is being studied as it provides the pupils with a sport they may have had a limited access to prior to being at RWS. It involves them learning new skills and applying similar skills from other games (e.g. rugby and football) such as evading opponents and sending and receiving skills.

Ultimate questions: This unit of work will provide students with the knowledge and skills that will provide the foundations for their entire journey within Physical Education and sport at Ravens Wood School. Through a holistic approach, students will learn the rules, values, tactics and traditions of the sport. This approach will allow students to develop upon the knowledge gained in term one, but with sport-specific features, due to the differing intricacies of football and rugby. This module builds on the key facets of Physical Education that were introduced in term one; acquiring and developing skills, selecting and applying appropriate skills and tactics and evaluating and improving their own and other performances.

Joining Up

Looking ahead:

- 'What are the key skills and why do you need to know them?' – students will be introduced to the key skills in the game and will be taught how and when to apply these in a safe manner
- 'What are tactics and why are they important?' – students will be challenged to think tactically across a range of situations and will be encouraged to explore the reasons behind different tactical approaches
- 'How do we achieve success as individuals and teams?' – students will be encouraged to become reflective and analytical learners by evaluating their own and the performance of others and justifying suggestions for improvement

	Looking back: This unit of work builds on the various curricula across our feeder schools		
	Critical	Core	Pinnacle
The Big Questions (What questions will students be able to answer upon mastery of the topic?)	Acquiring and developing skills <ul style="list-style-type: none"> • use an increasing range of personal techniques consistently, accurately and fluently while playing small-sided games (dribbling off both hands, different finishes; lay-ups, jump shots, passing and rebounding). • adapt skills to different situations <ul style="list-style-type: none"> • How do I master the fundamental skills? • How do I turn fundamental skills into game related skills? • How can I tactically understand positions and rules? 	Selecting and applying skills, tactics and ideas <ul style="list-style-type: none"> • organise themselves as a team to attack and defend and play in different positions • select and use a range of tactics and strategies and apply them successfully in different games (types of defence and attack strategy) • explain the similarities between the different invasion games played <ul style="list-style-type: none"> • Can you understand where to use specific skills? • Can you organise an attacking and defending strategy? 	Evaluating and improving performance <ul style="list-style-type: none"> • explain the range of decisions they have to make in a game • identify their own and others' strengths and weaknesses • implement practices to improve their performance • identify aspects of technique that require practice and improvement • assess and comment on the ways in which they can improve, <i>eg attack and defence tactics</i> <ul style="list-style-type: none"> • Can you look to maximise practice time in order to develop technique? • Can you create game related tactics to help gain a victory? • Can you coach your peers to deliver the game plan you design?
The Key Skills/ Techniques	The sophistication and application of skills will become more advanced as students' progress through the critical, core and pinnacle knowledge.		
	Skill/Technique	How will this skill be developed?	
	Acquiring and developing skills <ul style="list-style-type: none"> • use an increasing range of personal techniques consistently, accurately and fluently while playing small-sided games • adapt skills to different situations 	<ul style="list-style-type: none"> • Ask pupils to play small-sided versions of the selected game, keeping the rules and organising themselves into teams with positions and roles • Help pupils consolidate the basic techniques and teach new techniques. Explore ways in which pupils anticipate the flight or movement of the ball and learn the importance of feints and acceleration when trying to outwit an opponent • Help pupils investigate techniques employed when attacking, <i>eg control and protection of the ball, progression and shot</i>, and consolidate defensive techniques, <i>eg mark, cover, intercept and tackle</i> 	

	<p>Selecting and applying skills, tactics and ideas</p> <ul style="list-style-type: none"> organise themselves as a team to attack and defend and play in different positions select and use a range of tactics and strategies and apply them successfully in different games explain the similarities between the different invasion games played 	<ul style="list-style-type: none"> Talk to pupils about patterns of play in attack and defence, and teach the pupils how to make decisions about when and where to pass Help pupils explore the basic principles of attack, <i>eg width, speed and support to keep possession and make progression</i>, the basic principles of defence, <i>eg delay, denial of space, pressure and cover to regain possession</i>, and the skills and techniques to put the principles into operation. Help the pupils to recognise patterns of play Help pupils consolidate their understanding of simple tactics and explore the way these tactics can be adapted to small-sided games Listen to pupils say why tactics may succeed in one invasion game and fail in another. Help them to adapt their tactics to the situation of the game. Ask pupils to explore simple game plans that increase the chances of successful outcomes in attack and defence
	<p>Evaluating and improving performance</p> <ul style="list-style-type: none"> explain the range of decisions they have to make in a game identify their own and others' strengths and weaknesses implement practices to improve their performance identify aspects of technique that require practice and improvement assess and comment on the ways in which they can improve, <i>eg attack and defence tactics</i> 	<ul style="list-style-type: none"> Ask pupils to analyse their own and others' strengths and weaknesses and to identify aspects of technique that need to be improved. Teach them how to 'read' a game Help pupils explore different ways of observing and analysing performance and recognise what is effective and what needs improving Talk to pupils about the ways they think both the games and their own play can be improved. Listen to what they think they need most help with, and then invite ideas on how to adapt and vary the games Talk to pupils about their knowledge of rules and develop their ability to officiate small-sided games
	<p>Knowledge and understanding of health and fitness</p> <ul style="list-style-type: none"> describe what they need to do to improve their own fitness design and carry out warm-up and cool-down routines safely and effectively explain why these activities are important recognise and describe how games affect their health and fitness 	<ul style="list-style-type: none"> Listen to pupils talk about their understanding of the way in which strength, stamina and suppleness can be improved by playing invasion games Help consolidate pupils' knowledge of warm-up and cool-down activities relevant to invasion games. Ask pupils to refine their own warm-up routines, <i>eg mobilise, raise the body temperature and make muscle suppler</i> Talk to pupils about different ways of improving performance in invasion games, <i>eg draw upon knowledge of training in athletics to improve speed or acceleration</i> Help pupils understand the importance of specificity in training