pe planning

basketball

Basketball is a fast-paced team sport played on a rectangular court. Two teams of 5 players use their hands to dribble (bouncing the ball while moving) and pass the ball to each other with the aim of shooting the ball through their opponent's hoop to score.





STEPS TO SUCCESS

These are the skills I need to achieve success in UKS2 Basketball:

To pass the ball in different ways with confidence and control. To keep possession of the ball when faced with opponents.

To move with the ball at speed.

To work together as a team, showing good awareness of others.

To mark, track and cover when defending.

Apply basic principles for attacking and defending in game situations.



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