

Year: 3 & 4	Subject: PE	Units of Study: Basketball, Rugby	Topic Category: Invasion & Evasion Games										
Orienteering & Handball	Basketball & Rugby	Dance & Gymnastics	Football & Hockey										
▶ Orienteering & Handball ▶ Basketball & Rugby ▶ Dance & Gymnastics ▶ Football & Hockey ▶ Invasion & Evasion Games ▶ Striking, Fielding & Hand-eye Co-ordination													
Vocabulary <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="padding: 5px;">Dribbling</td><td style="padding: 5px;">to bounce (the ball) as in advancing or keeping control of it.</td></tr> <tr> <td style="padding: 5px;">Handling</td><td style="padding: 5px;">a touching, grasping, or using with the hands.</td></tr> <tr> <td style="padding: 5px;">Evading</td><td style="padding: 5px;">to escape from by trickery or cleverness:</td></tr> <tr> <td style="padding: 5px;">Defend</td><td style="padding: 5px;">to prevent the opposing team from scoring:</td></tr> <tr> <td style="padding: 5px;">Passing</td><td style="padding: 5px;">kick, hit, or throw (the ball) to another player of one's own side</td></tr> </table>	Dribbling	to bounce (the ball) as in advancing or keeping control of it.	Handling	a touching, grasping, or using with the hands.	Evading	to escape from by trickery or cleverness:	Defend	to prevent the opposing team from scoring:	Passing	kick, hit, or throw (the ball) to another player of one's own side	<p>I need to know (continued):</p> <p>Defensive rules:</p> <ul style="list-style-type: none"> - Foul (No pushing, touching, slapping on the hands). - Distance (As close as you want but no touching). <p>Rugby</p> <p>Holding/Carrying rugby ball:</p> <ul style="list-style-type: none"> - Hold the ball in the centre with fingers spread and across the seams. - Always carry the ball with 2 hands (less likely to drop it, ready to make a pass). - Keep eyes up looking for space or players to pass to. <p>Pocket to Rocket Pass:</p> <ul style="list-style-type: none"> - Passer starts with ball near the 'pocket' (i.e. underarm pass across the body). - Catcher makes a W shape with their hands to show they are ready to receive the ball. - Passer moves ball across the body, launching the ball 'like a rocket' towards the catcher. Their hands should finish pointing at the W target to encourage them to release the ball in the correct position. - Catcher watches the ball as it comes towards their hands and catches the ball softly (absorbs the ball towards them). <p>Passing into space:</p> <ul style="list-style-type: none"> - Medium passes are better. Short passes make it easier to be tagged and long passes make it easier for the ball to get intercepted. - Pass the ball before you get tagged. - Move into a better space to make the pass easier. - Identify teammates who are in good positions early. - Remember to use the pocket to rocket pass. <p>Moving into space:</p> <ul style="list-style-type: none"> - Move into a good space on the pitch away from defenders. - Have your hands up in the W position ready to catch the ball.. - Communicate to teammates so they know where you are on the pitch. <p>Running forward in rugby:</p> <ul style="list-style-type: none"> - Run towards the other teams try line. - Use footwork to get past defenders in the way instead of running backwards. - Keep eyes up looking for space and gaps to run into. <p>Passing into space:</p> <ul style="list-style-type: none"> - Pass the Rugby ball before you get tagged. - If you want the to receive the ball, try and move into space to make the pass easier. - Medium passes are better. Short passes make it easier to be tagged and long passes make it easier for the ball to get intercepted. - Communicate to teammates so they know where you are on the pitch. 	<p>I need to do:</p> <p>Basketball</p> <p>Handling & Dribbling & Evading</p> <ul style="list-style-type: none"> - Dribble the basketball at hip height. - Dribble at hip height whilst looking up and ahead, not at the ball. - Dribble the basketball confidently, using either hand. - Dribble with more than two bounces, whilst on the move. - Dribble confidently while moving at speed. - Cross the ball over to swap hands. <p>Defending</p> <ul style="list-style-type: none"> - Demonstrate a defensive position. Stay in a defensive position whilst moving. - Obey the rules as a defender, and apply pressure whilst in their defensive position. <p>Rugby</p> <ul style="list-style-type: none"> - Carry a rugby ball in two hands, and pass using a pocket to rocket pass with accuracy. - Demonstrate the W target for catching and catch the ball with soft hands. - Catch and pass in one fluent motion. Make good decisions in STF about passing to players and teammates in a good space. - Understand that a key principle of Tag Rugby is to be able to identify space. - Move into good positions on the pitch, with or without the ball. - Make good decisions about your next move including passing before you are tagged, and catching the ball on the run. - Understand that a key principle of Tag Rugby is to move forward. - Have a good success rate in catching and passing during the games. - Make good decisions about your next move (pass/evade) before you receive the ball. 	<p>Additional research, resources and reading:</p> <p>https://www.mini-basketball.org.uk/rules/</p> <p>http://www.kids-sports-activities.com/rules-of-rugby.html</p> <p>https://www.sasp.co.uk/uploads/tag-rugby-rules.pdf</p> <p>https://www.youtube.com/watch?v=XbtmGKif7Ck</p>
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<p>I need to know:</p> <p>Basketball</p> <p>Handling, Dribbling & Evading</p> <ul style="list-style-type: none"> - Use the fingertips to move the ball, and not the palm of the hand. - Familiarity of the size, shape and the bounce of the ball. - Use hand that feels most familiar (strong). - Push the ball towards the floor. - Keep ball close to the body and aim for the ball to bounce up to between hip and chest height. - Keep head up facing forwards, eyes moving between the ball to looking around you. - Cross-over – ball moves from one hand to the other, by bouncing the ball on the floor around the middle of the feet (upside down triangle). - Once ball moved to other hand, accelerate in the different direction. <p>Dribbling rules in Basketball</p> <ul style="list-style-type: none"> - Double dribble - the player uses both hands to dribble or the player starts to dribble a second time after coming to a stop. - Travelling - when a player holding the ball moves one or both of their feet illegally (i.e. without dribbling the ball). <p>Defensive Positioning:</p> <ul style="list-style-type: none"> - Low stance – staying on toes, feet shoulder width apart. - Active feet and hands. - Slide/move laterally – don't cross feet. - Stay low, not bouncing up and down. 	<p>I need to know (continued):</p> <p>Defensive rules:</p> <ul style="list-style-type: none"> - Foul (No pushing, touching, slapping on the hands). - Distance (As close as you want but no touching). <p>Rugby</p> <p>Holding/Carrying rugby ball:</p> <ul style="list-style-type: none"> - Hold the ball in the centre with fingers spread and across the seams. - Always carry the ball with 2 hands (less likely to drop it, ready to make a pass). - Keep eyes up looking for space or players to pass to. <p>Pocket to Rocket Pass:</p> <ul style="list-style-type: none"> - Passer starts with ball near the 'pocket' (i.e. underarm pass across the body). - Catcher makes a W shape with their hands to show they are ready to receive the ball. - Passer moves ball across the body, launching the ball 'like a rocket' towards the catcher. 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How do we handle and dribble a Basketball?	Dribbling and evading in Basketball?	What is a defensive body position in Basketball?	How do we hold, carry, pass and receive a Rugby ball?	How do we identify, move and pass into space in Rugby?	What are the key principles of support play in rugby?								