



Basketball



Key Stage 1

BEGINNER Ball Handling

In basketball, it is important that players are confident in handling a ball. This section includes various activities to enable players to develop these skills.

Introduction

Give each player a ball and ask them to move the ball in different ways with their hands. For example, ask them to roll the ball while on their hands and knees. As the players are using the ball and manipulating the direction of it, shout out the instruction 'swap balls!'. Each player will have to find a player to swap balls with, then continue with the activity.

Game: Musical Balls

Give each player a ball and ask them to find a space with their ball held above their head in both hands. Explain to the players that when the music is not playing, they should be still with the ball above their head. When the music is playing, the ball should be placed on the ground and the players will move around the area, avoiding the balls and other players. When the music stops, the players will need to rush over to the ball and hold it above their head. Remove one ball each time the music stops. Therefore, one player will be out each round.

INTERMEDIATE Throwing and Catching

A vital part of basketball is being able to successfully throw a ball and also catch it. This section includes various activities to enable players to develop these skills.

Introduction

Give each player a ball and ask them to find a space in the area. Ask players to practise bouncing the ball using two hands and catch the ball again. Ask them to practise this while remaining still, then ask them to practise this using one-handed bouncing. Then ask players to do this while moving. This will develop the skills needed for passing and catching while moving.

Game: Pass the Ball

Put the players into pairs or groups. Ask the players to bounce pass the ball between one another. It is important to emphasise that they need to call the name of the other player they are passing to. Ensure the player is always ready to receive the pass, standing with their hands out. Ask the players to count how many they complete. Then move on to passing the ball without it touching the ground.

ADVANCED Game

By now, the players have practised handling the ball and also throwing and catching the ball. This section provides a game suitable for the players at this level. It involves a mix of the rules between basketball and netball.

Game: Basketball or Netball

Use a small number of players for each team, only three or four. Instead of using a traditional basketball net, use a smaller net at a lower level. The players are only allowed to move when they do not have the ball. Once they receive the ball, they must pass the ball or shoot into the net. The idea of this game is to develop the skills players need for a team sport (communication), while practising the skills they need for throwing and catching.



General

- Use a flat, hard playing surface.
- Ensure the adult to player ratio is appropriate so that every player has a chance to be involved.
- Divide players with difficulties evenly between teams.
- Remind players that there is a mixture of abilities on the court and it is important not to run into each other.
- Allow wheelchair users and those with difficulties and impairments more time.
- Make sure that tackling is restricted to appropriate players.

Physical Disability

- Reduce the size of the court for players with mobility difficulties.
- Encourage players to use two hands if they have difficulty bouncing the ball with one.
- Lower the net, if necessary.
- If players find ball handling difficult then use beanbags:
 - Players can then throw beanbags into hoops instead of balls; and
 - Place the hoops further from the players over time.
- If a ball and hoop are too difficult, use a beanbag with a bucket at either end of the court to score into.
- Wheelchair users may need to use a bigger ball.

Hard of Hearing or Deaf

- Demonstrate the game using a sign language familiar to the player.
- Use a visual sign to show that game time has started or stopped, e.g. a flag or "time out" sign.

Sight Impaired or Blind

- Use a brightly coloured ball that contrasts with the playing surface.
- Ensure that team bibs clearly contrast with each other.
- Make sure that equipment marking the boundaries of the court is brightly coloured and clearly contrasts with the playing surface itself.
- Encourage players to pass the ball by handing it over rather than throwing it.
- Allow an adult or peer to guide the player around the court using directions or a hand on their shoulder.
- Use a sound ball with players who have a serious visual impairment.

Useful Links

Wheelchair Basketball
niknightswbc.co.uk



Basketball



Key Stage 2

BEGINNER

Bouncing and Catching

In basketball, it is important that players are confident in handling a ball. This includes the skills of bouncing, throwing and catching. This section addresses these skills.

Introduction

Give each player a number, either one or two. Give a basketball to the number one players. Ask the number two players to find a space (explain what a space is if necessary). Ask the number one players to move around the hall bouncing the ball, while avoiding the other players. Then shout out 'number two', then the number one players must pass the ball to a number two player. The number two players will now move around the area bouncing the ball, while avoiding the other players. Then shout out 'number one', then the number two players must pass the ball to a number one player.

Game: Passing

Put the players into pairs or groups. Ask the players to bounce pass the ball between one another. It is important to emphasise that they need to call the name of the other player they are passing to. Ensure the player is always ready to receive the pass, standing with their hands out. Ask the players to count how many they complete. Then move on to passing the ball without it touching the ground.

INTERMEDIATE

Shooting

Shooting is essential in basketball. This is how players score points and it is a vital part of the game. This section focuses on this area of the game.

Introduction

Demonstrate to each player how they should throw a ball. Explain what the black square on the backboard is used for. Give each player a different coloured bib. The bib should correspond to a colour of cone. Each player will also need a basketball. Then hold up a cone of a particular colour, this means it is the turn of the player with that colour of bib to shoot into the net.

Game: Beat the Clock

Divide the players into two teams. Each team will need to be arranged in a line in single file. Each team will have their own net to shoot into. Decide an appropriate length of time for the players to take turns shooting into their net. When the time starts, the players from each team will take turns throwing the ball at the basketball net. The team that scores the most baskets in that length of time wins.

ADVANCED

Game

By now, the players have practised handling the ball, throwing and catching the ball and also shooting. It is now time to play a game of basketball.

Game: Basketball

Explain the main rules of basketball to the players. For example, they must bounce the ball while running, it is non-contact. Use a small number of players for each team, only three or four. This will give the players more time on the ball and more touches of the ball. Set an appropriate length of time for the game. Allow rolling substitutes if necessary.



General

- Use a flat, hard playing surface.
- Ensure the adult to player ratio is appropriate so that every player has a chance to be involved.
- Divide players with difficulties evenly between teams.
- Remind players that there is a mixture of abilities on the court and it is important not to run into each other.
- Allow wheelchair users and those with difficulties and impairments more time.
- Make sure that tackling is restricted to appropriate players.

Physical Disability

- Reduce the size of the court for players with mobility difficulties.
- Encourage players to use two hands if they have difficulty bouncing the ball with one.
- Lower the net, if necessary.
- If players find ball handling difficult then use beanbags:
 - Players can then throw beanbags into hoops instead of balls; and
 - Place the hoops further from the players over time.
- If a ball and hoop are too difficult, use a beanbag with a bucket at either end of the court to score into.
- Wheelchair users may need to use a bigger ball.

Hard of Hearing or Deaf

- Demonstrate the game using a sign language familiar to the player.
- Use a visual sign to show that game time has started or stopped, e.g. a flag or "time out" sign.

Sight Impaired or Blind

- Use a brightly coloured ball that contrasts with the playing surface.
- Ensure that team bibs clearly contrast with each other.
- Make sure that equipment marking the boundaries of the court is brightly coloured and clearly contrasts with the playing surface itself.
- Encourage players to pass the ball by handing it over rather than throwing it.
- Allow an adult or peer to guide the player around the court using directions or a hand on their shoulder.
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Useful Links

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Basketball



Key Stage 3

Game Development Bouncing and Catching

Introduction

It may be beneficial to introduce the rules of basketball gradually. It may also be useful to all the players to play a game with no nets, where the idea of the game is only about possession and passing the ball. This may encourage the players to pass when the game starts. Eventually, include all the rules of basketball and support the players in a competitive game.

Inclusion and Accessibility

While we would like all pupils to be included in Physical Education along with the others in their class, this is not always possible when it comes to playing the full version of the sport.

If a pupil has physical disabilities that mean they cannot safely take part in the game along with the other pupils in their class, then this pupil should be given the opportunity to take part in other physical activity. For example, a class could be split into groups, with some pupils practising the drills and others playing the game. The smaller group could practise the skills needed for the sport, or for the disabled version of the sport, alongside the rest of the class. These smaller groups would work in rotation, giving everyone an opportunity to play the sport and practise their skills.

Alternatively, some pupils may prefer to do a physical activity that they are particularly interested in, for example practising the drills needed for a sport they play outside of school.

Tips

- Use an area and net of appropriate size for the court, depending on the group's ability.
- Ensure the court is marked out and explain what the different lines are for. (Use flat and non-slip cones if there are no court lines.)
- Divide the players into teams of three or four initially. Use a rule that all players need to be passed to before a basket can be scored.
- Allow players to take more than two steps to allow the game to flow (perhaps three or four before reducing to two).
- Point out what the rectangle on the backboard is for (aim at this to allow the ball to rebound off into the net).
- If some players are particularly good then perhaps play two vs. one or allow the other player more than one bounce.
- Use a net of appropriate height to suit the needs of all the players.
- Ensure the time set for each half is suitable for the age and ability of the players.



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- Allow wheelchair users and those with difficulties and impairments more time.
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Physical Disability

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