



# 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.



### 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](http://niknightswbc.co.uk)