

# Basketball

## Know, Show and Grow Progression

Year 5



This document shows the progression of knowledge (Know), skills (Show) and the development of a child's characteristics (Grow) each week throughout the unit.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Know	<p>How to manipulate and manoeuvre a basketball within the rules (Year 5)</p> <p>How to use my body to protect the ball (Year 6)</p>	<p>A variety of ways to pass (Year 5)</p> <p>How to create space to receive a pass (Year 6)</p>	<p>How to defend against an attacking player (Year 5)</p> <p>How to protect the ball from and move it around a defender within the rules (Year 6)</p>	<p>The difference between 'player-on-player' and 'zone' defence (Year 5)</p> <p>The advantages and disadvantages of both defensive styles (Year 6)</p>	<p>When and how best to shoot, i.e. shot selection (Year 5)</p> <p>How to work as a team to create shooting opportunities (Year 6)</p>	<p>How to communicate with teammates and understand the principles of attacking and defending when playing a competitive game (Year 5 &amp; Year 6)</p>
Show	<p>Control a basketball using both hands (Year 5)</p> <p>Protect the ball under pressure (Year 6)</p>	<p>Pass the ball using good techniques of having a target and stepping in the direction of a chest pass and bounce pass (Year 5)</p> <p>Cut away and back again to receive in space (Year 6)</p>	<p>Demonstrate different dribbling skills (Year 5)</p> <p>Combine a range of dribbles and vary speed and direction to get past defenders (Year 6)</p>	<p>Mark a player or an area of the court (Year 5)</p> <p>Limit opposition attacking opportunities with different defensive styles (Year 6)</p>	<p>Use the correct technique of Balance, Eyes, Elbow and Follow-through (BEEF) to shoot a basketball (Year 5)</p> <p>Use screens to free-up teammates to shoot or drive (Year 6)</p>	<p>Dribble, pass and shoot the basketball using the correct techniques in a game (Year 5 &amp; Year 6)</p>
Grow	<p>Develop teamwork skills whilst working with others.</p>	<p>Explore honesty and its importance within PE and beyond.</p>	<p>Explore inclusion and what it looks like in PE and beyond.</p>	<p>Develop teamwork skills whilst working with others.</p>	<p>Explore honesty and its importance within PE and beyond.</p>	<p>Explore inclusion and what it looks like in PE and beyond.</p>