

Year 10 PE - Basketball Learning Programme 2

<p>The LORIC skill focus for his LP is: ORGANISATION The Moral Virtues focus for this LP are: COMPASSION and HONESTY Compassion - the quality of feeling pity and concern for the sufferings or misfortunes of others. Honesty - the quality of being truthful.</p>		<p>Literacy:</p> <ul style="list-style-type: none"> • Capital letters must be used at the start of sentences and for the first letter of proper nouns • Full stops must be used at the end of a sentence • Question marks must be used at the end of a question • Apostrophes should only be used for possession or omission • Days of the week and months must be spelled correctly • Key words must be spelled correctly 	
<p>What will I be learning about in this Learning Programme? I will be learning about working as a team through the concepts of attacking and defensive strategies in basketball.</p>			
<p>Where have I seen this learning before? I will have seen this if I play or have played for a basketball club. I could have also seen this if I watch high performance basketball matches on the television and watch the analysis programme after game has finished.</p> <p>What could I use it for? Applying tactics and strategies within my own and the teams performance to aid getting a positive result.</p>			
In LP2.1, I will know:	21/10/24 - (WK 2)	Key Vocabulary	Homework
review and demonstrate pass, pivot and dribble triple threat; and apply these skills into a conditioned practice.		Double dribble	Practice skills learned outside of the classroom at a basketball club or watch a YouTube clip on how to apply them effectively.
In LP2.2, I will know:	04/11/24 - (WK 1)	Key Vocabulary	Homework
demonstrate the set shot following the BEEF principle; demonstrate the jump shot technique.		Accuracy	Practice skills learned outside of the classroom at a basketball club or watch a youtube clip on how to apply them effectively.
LP2 RLW, I will:	11/11/24 - (WK 2)		
review my learning, recalling and applying key knowledge, and focus on closing any gaps in my knowledge.		Travelling	Practice skills learned outside of the classroom at a basketball club or watch a youtube clip on how to apply them
In LP2.3, I will know:	18/11/24 - (WK 1)	Key Vocabulary	Homework
and demonstrate defending off the ball using man to man and zonal defence. and be able to create space as an offensive player by "cutting".		Man to man marking	Practice skills learned outside of the classroom at a basketball club or watch a youtube clip on how to apply them effectively.
Extended Task.			
In LP2.4, I will know:	25/11/24 - (WK 2)	Key Vocabulary	Homework
and demonstrate how to perform the lay up technique; and apply this skill into a competitive practice.		Zonal defence	Practice skills learned outside of the classroom at a basketball club or watch a youtube clip on how to apply them effectively.
In LP2.5, I will know:	02/12/24 - (WK 1)	Key Vocabulary	Homework
review and demonstrate the chest, bounce and overhead pass and when to use them in a competitive environment.		Quay	Practice skills learned outside of the classroom at a basketball club or watch a youtube clip on how to apply them effectively.
In LP2.6, I will know:	09/12/24 - (WK 2)	Key Vocabulary	Homework
understand and demonstrate the 3 man weave and how this can be used to outwit an opponent.		Dunk	Practice skills learned outside of the classroom at a basketball club or watch a youtube clip on how to apply them effectively.
Extended Task.			
In LP2.7, I will know:	16/12/24 - (WK 1)	Key Vocabulary	Homework
and apply the skills I've learnt over the last 7 weeks into a small sided game to outwit an opponent.		Shooting guard	Practice skills learned outside of the classroom at a basketball club or watch a youtube clip on how to apply them effectively.
Resources to support learning:			
Your LP2 Knowledge Organiser			
FFET Award Challenge for this Learning Programme:			
Create a training programme to support the development of components of fitness in a sport of your choice.			



PRT Task 1



PRT Task 2