

EDSTART KNOW

- I can explain how to evaluate my performance and identify ways to improve my scores or gameplay.
- I can describe how feedback from a partner or coach can help me improve my technique and decision-making.

EDSTART GO

- I can evaluate my own performance and recognise what I need to do to improve my skills.
- I can use feedback from others to adjust my technique, movement, or tactical decisions.
- I can apply what I've learned to make visible improvements in my overall performance.

EDSTART SHOW

- I can demonstrate progress in my performance and explain how my improvements were achieved.
- I can show confidence and control in competitive situations by applying feedback effectively.
- I can reflect on my learning and support others by giving positive, constructive feedback.

Key Vocabulary

**dribble, pass, shoot,
rebound, marking,
spacing, tactics,
composure**

Role Models



LeBron James –
NBA Champion and
Olympic Gold
Medallist



Temi Fagbenle –
GB Olympic
Basketball
Player

What do we know about Basketball?

Invented in 1891 by Dr James Naismith in Massachusetts, basketball was designed as a winter indoor game requiring skill and teamwork over strength. It spread rapidly through the US collegiate system and became an Olympic sport in 1936. The NBA is now a global brand, influencing music, fashion and youth culture. Modern basketball emphasises spatial awareness, passing tempo and decision-making. Research into game analytics and player tracking has transformed coaching approaches worldwide. Basketball England is the UK's governing body, supporting grassroots development and school participation.

In Year 5 we learnt

- combine basketball skills such as dribbling, passing, and shooting within an activity and move between them with control and fluency.
- explain how different basketball skills are used during a game and identify which situations require more than one skill.
- support and assist peers by helping them complete activities, providing feedback, and accurately recording scores or results.