

Finches Year 5

PE

Spring 1

Basketball and Dance

Bhangra:

Bhangra dance is known for its celebratory elements. Bhangra motifs include leaps, jumps and lively movements like raising the arms.



Disco:

Disco music has a steady beat. The dance style is known for moves like:

- The disco finger, which mainly focuses on the hips and one hand, with minimal movement below the knees.

- The funky chicken, in which the dancers flapped their arms and kicked back their feet in an imitation of a chicken.



- The grapevine, which included side steps across the supporting foot.

	Key Vocabulary	Definition
Basketball	backboard/hoop	The parts that you aim for when shooting.
	court	The playing area for basketball.
	double dribble	An illegal dribble when you stop and then start to travel again.
	free-throw	A non-opposed shot from the free-throw line.
	pass	Sending the ball towards another teammate.
	rebound	Gaining possession of the ball from an unsuccessful shot, when the ball bounces off of the hoop or backboard.
	shoot	Throwing the ball towards the hoop with the intention of scoring.
Dance	travel	An illegal move which occurs when a player in possession of the ball takes more than two steps without dribbling.
	Bhangra	A type of popular music combining Punjabi traditions with Western pop music.
	canon	A piece in which the same melody is begun in different parts successively.
	disco	A style of pop music intended for dancing to, popular in the late 1970s. Typically influenced by soul music, with a regular bass beat.
	dynamics	The length, speed, height or direction of a movement in dance.
	motif	A sequence of movements which is repeated throughout a dance.
	pathway	Travelling from one space to another.
	timing	When a movement should start, end or peak, usually in time with the rhythm of the music.
transition	Moving from one dance motif or space to another within a dance.	

Shooting: This is possibly the most important skill to master. In order to score points, you need to shoot the basketball through the hoop. Shooting can be done from anywhere on the court; 2 points for inside the 3 point line and 3 points if it is from outside. Free-throws vary in points.



Double Dribble: This is when a player ends a dribble by catching or causing the ball to come to rest in one or both hands and then dribbles again. It is also a double dribble if a player touches the ball twice before it hits the ground. Double dribble is an illegal move in basketball.