BASKETBALL

KEY INFORMATION

AGE GROUP: Year 5+6/ U14

GENDER SPECIFICATIONS: Boys/Girls—**NO** gender stipulations for primary. U14– Boys ONLY

NUMBER IN A TEAM: 10 in a squad

*Secondary– no National Schools League players to be included in the sports sheet

DESCRIPTION

There will be **4** tasks / skills to complete as part of this **Basketball** challenge. Please record the score for each activity on the score sheet, and the top 10 scoring children who meet the age and gender specifications above will form the 'team' whose results you will need to submit for the School Sport Partnership virtual competition.

Task 1-Cone Dribble

How to play

Set up a 10m coned area. Put a cone down at each 1m. Dribble through the cones as fast as you can, keeping the ball under control. If you find this easy try it again with your weaker hand. Dribble there and back as many times as you can in 1 minute. Click here to view a video of this task.
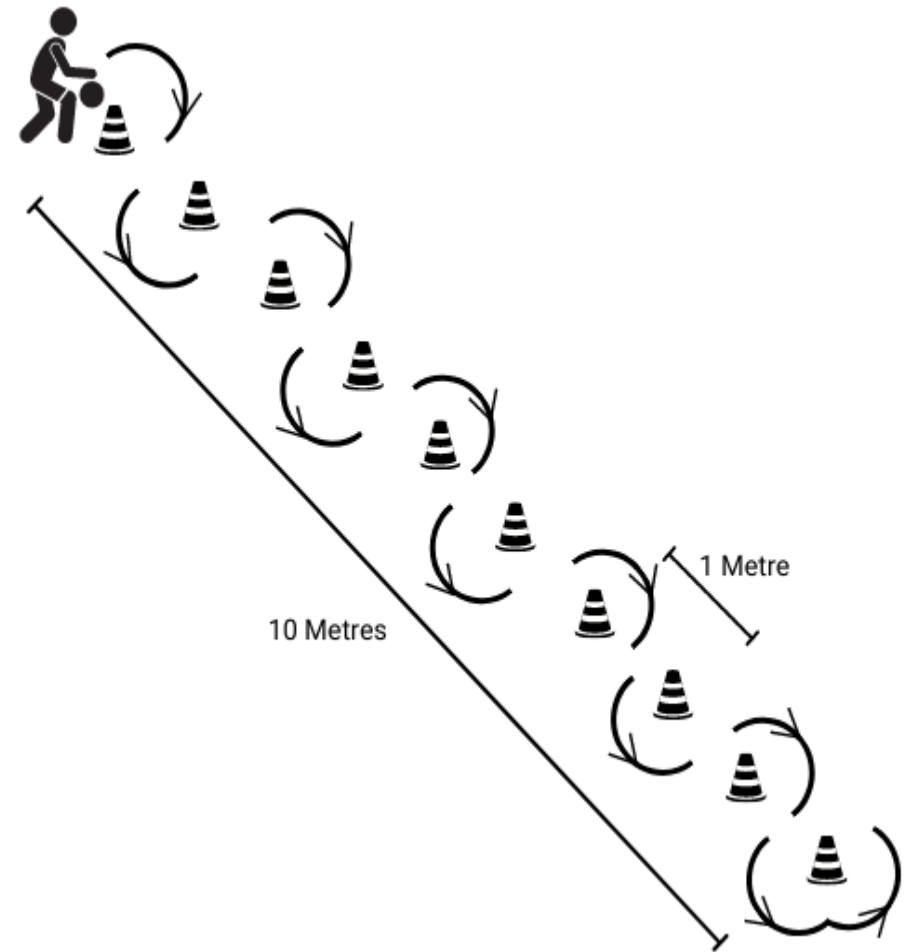
Scoring:

Get a friend or teacher to time you for one minute and count how many times you get there and back=1

Equipment

Cones

Basketball /any ball

Timer

10 Metres

1 Metre

Task 2- Shooting Hoops

How to Play

Stand around a metre back from the hoop. You can use a cone for this marker if you wish. You have 1 minute to try and score as many hoops as possible. If you find this is really difficult you can move forwards or if easy move backwards. Click here to view a video of this task.

Scoring:

Submit the score of baskets scored to your teacher after 1 minute of shooting

Equipment

Basketball/any ball

Hoop

Cones

SCHOOL GAMES

CHESHIRE & WARRINGTON SCHOOL SPORT ALLIANCE

Active Cheshire
Getting hearts beating faster for 30 years

CHESHIRE & WARRINGTON VIRTUAL SCHOOL GAMES

CNSSP
CREWE & NANTWICH SCHOOL SPORTS PARTNERSHIP

TASK 8- WALL BALL TOSS

HOW TO PLAY:

Stand 1m away from a wall and mark this point with a cones. You have 30 seconds to throw and catch the ball successfully as many times as possible. If you find this easy try it with one hand. Click here to view a video of this task.

Scoring:

Count how many SUCCESSFUL throws and catches you achieve. If the ball drops it does not count as a successful
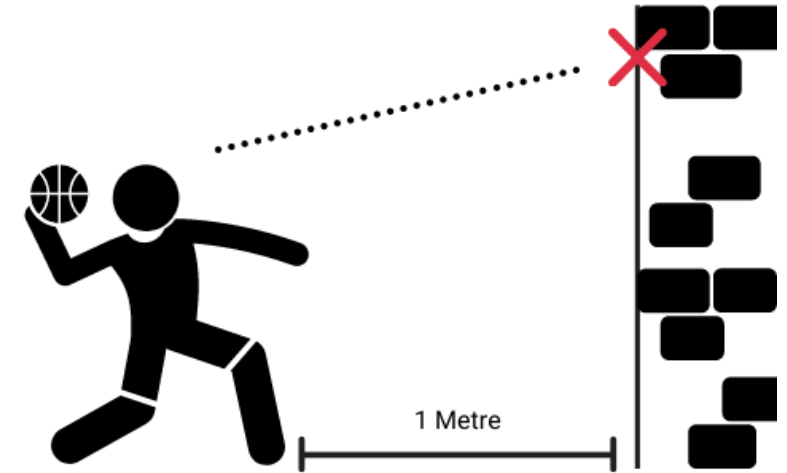
1 Metre

EQUIPMENT

Basketball/any ball

Cone

Timer

Task 4- Treasure Grab

HOW TO PLAY

How many cones can you collect in 1 minute whilst keeping the ball under control? Put a cone/hoop down as your start point. Measure 5 metres then spread lots of cones on the floor.

You have 1 minute to dribble from the hoop keeping the ball bouncing and collect one cone at a time. Dribble back and put the cone in the hoop. Click here to view a video of this task.

SCORING: count how many cones you have in the hoop at the end of the 1 minute

EQUIPMENT:

Hoop, basketball / any ball, tape measure

timer, cones

5 Metres
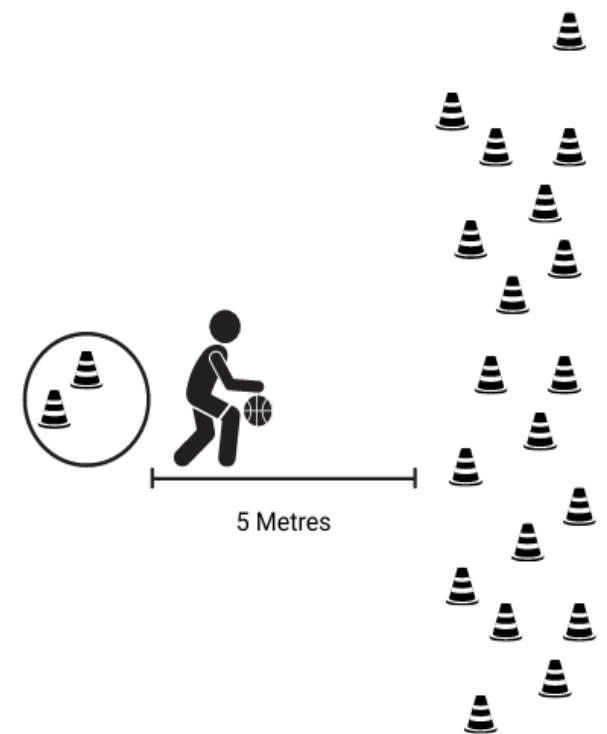
INCLUSIVE

Ball– you can use a ball to suit the pupil– e.g. colour/size

Distance from the wall/basket etc.—move forward/ backwards to appropriate ability level

You can adjust the height of the basketball post? Use an adjustable netball post. Use appropriate adjustments such as a bin or targets if there are no posts

SPIRIT OF THE GAMES VALUES

HONESTY when working with classmates and teachers, you must submit your score with honesty.

DETERMINATION is important when completing challenges so you don't give up. Resilience makes you overcome

Risk Assessment:

Please make sure your exercise area is clear and there is nothing nearby which could cause a trip or fall. All the challenges are designed to be suitable for each age group, however it is important to understand that if you choose to take part, you are doing so at your own risk.

Covid-19: please adhere to the current Covid-19 guidelines at the time that you take part in this activity. This is in relation to social distancing and the use of equipment.

Please ensure that you have completed a risk assessment for the children taking part in this activity, and adapt the tasks / area to meet the requirements of your own school risk assessment.

SCOre SHeeT

PUPIL NAME	TASK 1	TASK 2	TASK 3	TASK 4
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

DATA COLLECTION

Total number of Boys taking part.	Total number of Girls taking part	Number of pupils where this is their	Number of ethnic minority pupils	Number of SEND pupils	Number of Young Team Managers	Number of teachers involved