

# Activity Cards

**At Home**

**To maintain a basic level of health, children and young people aged 5 to 18 need to do...**



**AT LEAST**

**60**

**MINUTES OF PHYSICAL ACTIVITY**

**EVERY DAY!**



**BASKETBALL**

**Each week the Active Schools Team will focus on a new activity/sport and these are designed to provide ideas to support you and your family to remain active at home.**

**Be creative using**

**household items**

**if you don't have**

**basketball equipment**

# Ball Skills

## Ball Slaps

*Slap the basketball from one hand to the other. This helps warming up and becoming familiar with the ball.*

## Drops

*Drop the ball in front of you, let it bounce and try to catch it with your hands behind your body.*



## Wrap Around

*Wrap the ball around your head, waist and ankles using both hands. Try to stop the ball dropping.*

## Figure 8

*Wrap the ball in a figure of 8 motion around your legs without dropping the ball.*

# Dribbling



Use your fingers to

dribble the ball

Keep your knees

bent and back straight

Dribble the ball below

the waist

Keep the ball close

to you

Use both hands and

keep your head up

# Passing

## Chest Pass

*Pass the ball from your chest area using both hands. Aim for your teammate's chest.*

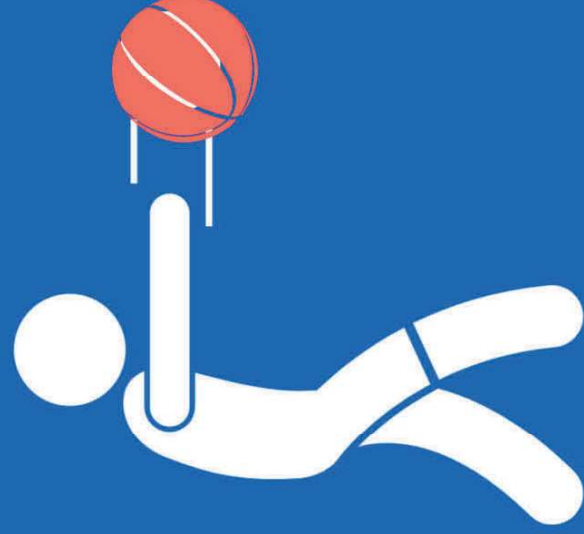
## Bounce Pass

*Pass the ball to your partner using both hands with the ball bouncing in front of them.*

## Overhead Pass

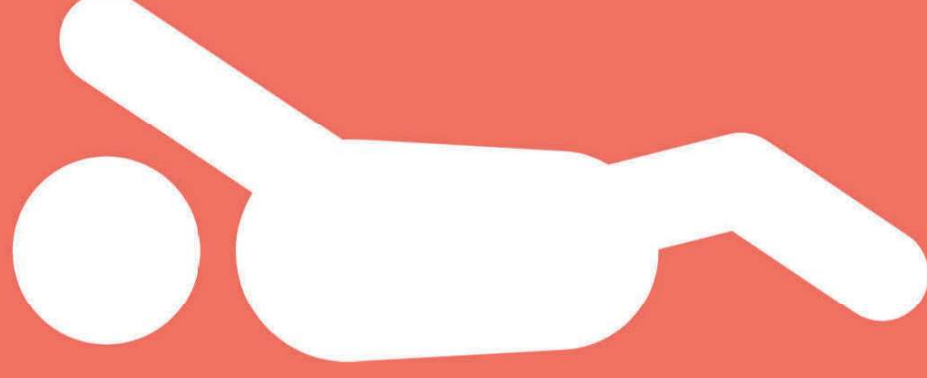
*Raise the ball above your head. Use both hands to pass the ball high to your teammate.*

*How many passes can you get in a row without dropping the ball?*



# Shooting

1. Feet shoulder width apart and knees bent
2. Hand under the ball, with the other hand supporting the ball
3. Always look at the target (basket)
4. Follow through towards the target and flick the wrist when the ball is released.



# Rules

## Out of bounds

*All basketball courts are large rectangles. You or the ball are not allowed to touch outside the line.*

## Shooting

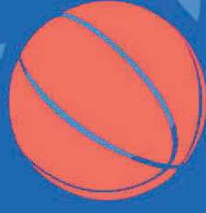
*In order to score, the ball has to go through the basket. There are different shots you can use including jump shot, free shot, layup or dunk.*

## Dribbling

*To move with the ball, you have to dribble. A dribble is when you bounce the ball and move. If you use both hands or pick it up and dribble again, it is called a double dribble.*

## Fouls

*A foul is when you make contact with another player who has the ball. If you are guarding someone with the ball, you are not allowed to touch them.*



Our resources are available weekly to download from the Active Schools website. Each week we will focus on a new activity/sport. All resources are designed to provide ideas to support you and your family to remain active at home.

If you would like anymore information or support to stay active at home please visit:

[activeschoolssa.co.uk](http://activeschoolssa.co.uk)

or contact us on

[activeschools@south-ayrshire.gov.uk](mailto:activeschools@south-ayrshire.gov.uk)  
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