

#stayhomestayactive

@PEatHome1



### EXPLORE



Find any ball that bounces. How many different ways can you bounce the ball standing still?

Bright ideas:

- Walk with the ball and bounce it with one hand and then try with the other hand.
- Jog with the ball and bounce it with one hand and then the other.
- Bounce the ball between your legs from one hand to the other.



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Where can I go to take part in more basketball?

<https://cobbasketball.co.uk/>



### PRACTICE

How many times can you dribble 5 metres and back in one minute?



How did it make you feel when you completed your challenge?

**English Challenge!**

Can you learn how to spell the following words?

**BOUNCE  
DRIBBLE  
BASKETBALL  
ACCURATELY  
CONTROL**



Make sure you have enough room to complete the tasks!

### DEVELOP

Can you make up a game to help others improve their dribbling skills?



Can you create a poster to show what your practice is and use the literacy words opposite to describe ?

What other words are used in basketball? Can you include them in your poster?



LeBron James plays professional basketball in the NBA in America.

Can you find out:

- How old he is?
- Which team he plays for?
- How many points he has scored in his career?
- How many championships he has won?

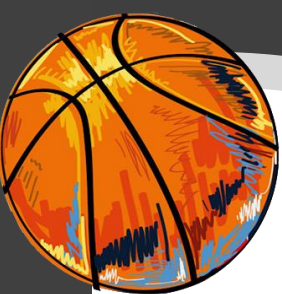


**Parent's Tip!**

Use a larger ball to make this challenge accessible or make the course longer for more of a challenge!



**KS2**



**EXPLORE**



Find any ball that bounces. How many ways can you move the ball around your body?

Bright ideas:

- Move the ball around your waist
- Move the ball around one leg, then the other
- Move the ball in a figure of 8 between your legs.
- Can you go in both directions?
- Can you close your eyes when you are doing these practices?



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**PRACTICE**

How many times can you complete a figure of 8 in 1 minute?

If you can do this challenge in one direction, try it in the opposite direction!



What positive thoughts can you think about whilst completing your challenge?

**English Challenge!**  
Can you learn how to spell the following words?

**PRECISION  
BALANCE  
DEXTERITY**

Do you know the definition for these words? If not, look them up!



Make sure you have enough room to complete the tasks!

**DEVELOP**

Can you develop a game to help others improve the accuracy of moving the ball from hand to hand?



Can you create a set of rules for your game?



When describing your game, can you use the key words:

**PRECISION  
BALANCE  
DEXTERITY**



Basketball is a sport played at the Olympic Games, but do you know:

- When men first played basketball at the Olympics?
- When women first played basketball at the Olympics?
- When wheelchair basketball was first introduced at the Paralympic Games?



**Parent's Tip!**  
Complete the challenge with both hands – which one do you find it easier to use?



**KS3**