

#stayhomestayactive

@PEatHome1



### EXPLORE



Find any ball that bounces. How many different things can you do with the ball?

How many ways can you bounce the ball or move the ball around your body?

Bright ideas:

- Bounce and catch with two hands.
- Bounce with one hand and catch with two hands.
- Bounce with one hand and catch with the other.



@KESSPB

@awhitehousePE

@SarahLayPE

Where can I go to take part in more basketball?

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

### PRACTICE

How many times can you bounce the ball and catch it in 1 minute?

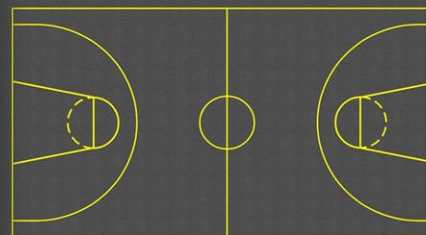


High-Five all the members of your family who completed the challenge!

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

**BALL  
BOUNCE  
CATCH  
MOVE**

Basketball is played on a court that looks like this.



How many different shapes can you find on the court?  
Can you find a shape with 4 sides?  
Can you find a curved shape?



Make sure you have enough room to complete the tasks!

### DEVELOP



Make up a game that will help other people to improve bouncing the ball.

Can you use the words below to describe how your game works?



### Parent's Tip!

If you need to, allow two or three bounces before catching the ball. For more of a challenge just use one hand to catch!



# KS1



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### 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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### 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?

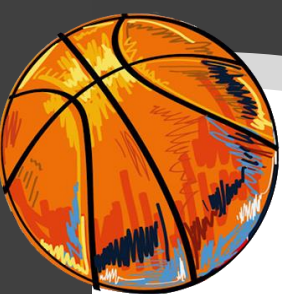


#### Parent's Tip!

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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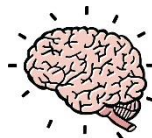


Make sure you have enough room to complete the tasks!

**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!

**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**



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## EXPLORE



Find any ball that bounces. How many ways can you bounce the ball off a wall?

### Bright ideas:

- Bounce off the wall and catch with two hands.
- Bounce with one hand and catch with two hands.
- Bounce with one hand and catch with the other.

How many other ways can you catch the ball off the wall?



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## PRACTICE

Mark a spot on an outside wall or use a hoop if you have one. How many times can you hit the mark with your shot or get the ball in the hoop in one minute? Try using both hands – which is more challenging?



Work with your family members to create a team score – each member of the family has 30 seconds each to score as many points as they can!

### Maths Challenge!

Can you work out the value of each item and the solution to the final answers to the following equation?

$$\text{Basketball} + \text{Basketball} = 20$$

$$\text{Basketball} + \text{Basketball Hoop} + \text{Basketball Hoop} = 14$$

$$\text{Basketball} + \text{Basketball} \div \text{Basketball Hoop} = ?$$

## DEVELOP



Can you develop your own practice to help others improve their shooting? What are the key things they will need to remember to become an expert?

Can you write a persuasive letter to your local MP on why you think there should be more basketball courts open for young people?

Remember to use emotive language, hyperbole, opinions and rhetorical questions!



### Parent's Tip!

Stand closer to the wall to make this practice more accessible! For a challenge, stand further away!



Make sure you have enough room to complete the tasks!

KS4