

PE – Basketball and Go Noodle

Keeping active is always very important and even more so in Lockdown or in Isolation.
Here are some ideas to help you build up your basketball skills.

Skill building

- Create a target, big or small, and practise throwing into it.
 - Make the challenge harder by making the target further away.
 - Make the challenge harder by making the target smaller.
 - Make the challenge easier by bringing the target closer.
 - Make the challenge easier by making the target larger.
- Use a piece of chalk to make a mark on the wall outside where the basketball net would be. Practise throwing your ball at this target too.
 - Make the challenge harder by making your target smaller or stepping further away.
 - Make the challenge easier by bringing yourself closer or making the target larger.
- Draw a chalk path on the floor. Bounce your ball along the line as you walk. This is called dribbling.
 - Start with both hands and step, then bounce, step then bounce.
 - Then, try with just one hand. Step, then bounce, step then bounce.
 - Next, move to the side of your ball and bounce it at your side.
 - Try to keep moving, step and bounce at the same time.
 - Follow your path going as quickly or as slowly as you can.
- Use a bounce pass to pass to a family member or to bounce the ball against the wall and catch it. Start with the ball near your chest and push it away.
 - See how many times you can catch the ball without dropping it.

Games

Hot potato

Stand roughly 2m apart and pass a ball to one and other. The person who drops it has to do a forfeit (maybe a silly dance or tell a joke).

You can upskill this by making your pass a bounce pass or an underarm pass or if you stand far enough away you could try overarm passes!

Piggy in the middle

One person is the piggy in the middle and has to try to intercept the ball.

The other two players pass the ball between each other, trying not to let the piggy catch it.

If the piggy catches it, they swap places with the person that threw it.

Around the world

At the start of the game, mark six locations around the 'basketball court'. The goal is to make baskets at each location. Players advance to the next location after they make a shot. The first player to make it all the way around the key--and thereby all the way around the "world"--wins. You could allow players to have a second chance or send them back to the beginning if they don't make it.

If you don't have a basketball net, make the target a chalk circle on a wall or strong fence.