

COUNT ME IN

EQUIPMENT

- 1 basketball per team.

SPACE

Full court

SAFETY

- Check players are ready to receive.
- Be aware of other teams' players.



HOW TO PLAY

1. Play in **small teams**, e.g. 4s, spread around the court.
2. Team mates **number themselves** 1–4.
3. **Step 1** – start playing in a circle: players pass the ball to each other in order, i.e. 1, 2, 3, 4, 1... and so on.
4. **Step 2** – after passing, each player moves into the space of the player they passed to, i.e. 1 to 2, 2 to 3...
5. **Step 3** – players move into a new space after each pass, with the whole team moving around the court.
6. Try to **increase** the speed.
7. How many **consecutive passes** can the team make?
8. If the ball is dropped, **re-start the count**.

INCLUDING EVERYONE: USE **STEP** TO ADAPT THE GAME. FOR EXAMPLE:

S SPACE

- Use a **smaller** or **larger** area.
- Vary the **distance** between players.
- Give each team a **zone** in which to play.

T TASK

- Use **names** instead of numbers.
- **Vary the order** of passes, e.g. 1 to 4, 3 to 2.
- **Dribble** for 3 seconds before passing.

E EQUIPMENT

- Use **more than** one ball at a time.
- **Players move** to numbered spots to receive.
- **Shoot** into a hoop after 8 or 12 passes.

P PEOPLE

- Change the **number of players** in a team.
- One player **calls out** a receiver's number.
- A **player remains in one spot** and **others move**.

BUILDING BASKETBALL SKILLS



This activity helps you to...

- **Pass** a ball with precision.
- Get ready to **receive a pass**.
- **Be aware** of team mates' movements.
- Find and **move into space**.

LEARNING LIFE SKILLS



This activity helps you to...

- **Personal** – have self-discipline.
- **Social** – have empathy for others.
- **Thinking** – sort and retain information.
- **Creative** – react positively to change.

SLALOM SHOOT

EQUIPMENT

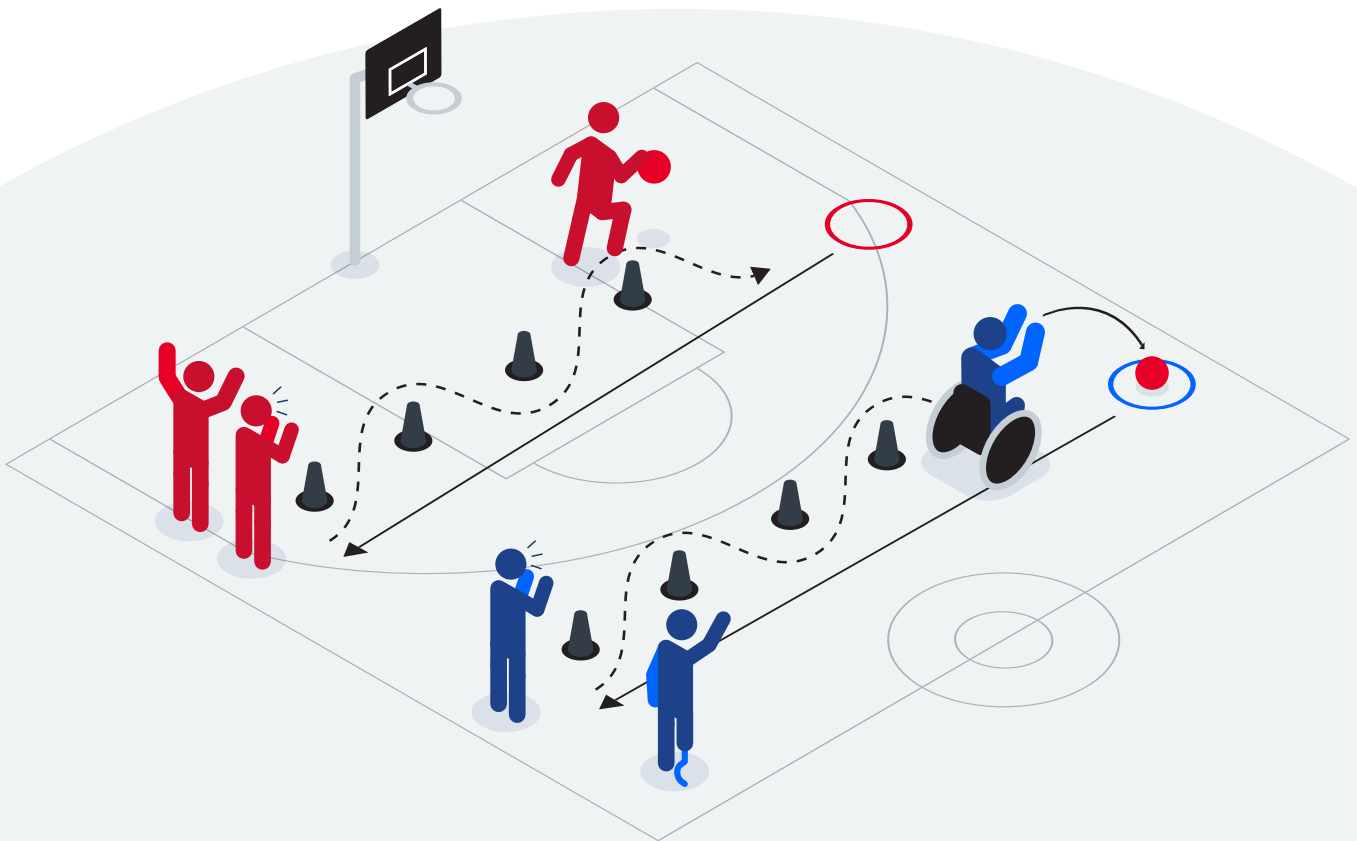
- 1 basketball per team.
- 1 hula hoop per team.
- Cones.

SPACE

Full court – 1 'lane' per team across the width.

SAFETY

- Watch out for loose balls.
- Make sure receivers are ready.



HOW TO PLAY

1. Play in small teams, e.g. 4s, with each team in its **own 'lane'** across the area.
2. **Teams start** from a base at one end of their lane.
3. **Place a hula hoop** on the floor at the other end of their lane.
4. **Set up a line of cones** between each base and hoop.
5. **Player 1** in each team dribbles the ball between the cones (a slalom).
6. When they reach the last cone, they **shoot into the hoop** to score a point.
7. They **dribble back** to their team and pass the ball to the next player.
8. **Play for a set time** (enough for all players to have had at least 3 shots).
9. Which team has **scored most points**?

INCLUDING EVERYONE: USE **STEP** TO ADAPT THE GAME. FOR EXAMPLE:

S SPACE

- **Vary the spaces** between cones.
- **Alter the shooting distance** (between the last cone and the hoop).
- **Alter the dribbling distance** for some players.

T TASK

- **Dribble** in a straight line instead of a slalom.
- **Pass the ball** in pairs instead of dribbling.
- Have **more than one shot** if a player misses.

E EQUIPMENT

- **Change the number** of cones in the slalom.
- **Add other obstacles**, e.g. dribble around another hula hoop.
- **Shoot** into a basket or bin instead of a hoop.

P PEOPLE

- Keep a **personal score** and a **team score**.
- **Vary** the number of players in each team.
- **Replace one cone** with a person (defender).

BUILDING BASKETBALL SKILLS



This activity helps you to...

- Dribble a ball **with control**.
- Dribble around **obstacles**.
- **Aim** at a target.
- Make a **precise pass** (hand off).

LEARNING LIFE SKILLS



This activity helps you to...

- **Personal** – have self-motivation.
- **Social** – encourage and support others.
- **Thinking** – compare and contrast methods.
- **Creative** – trial new ideas.

PASS IT ON

EQUIPMENT

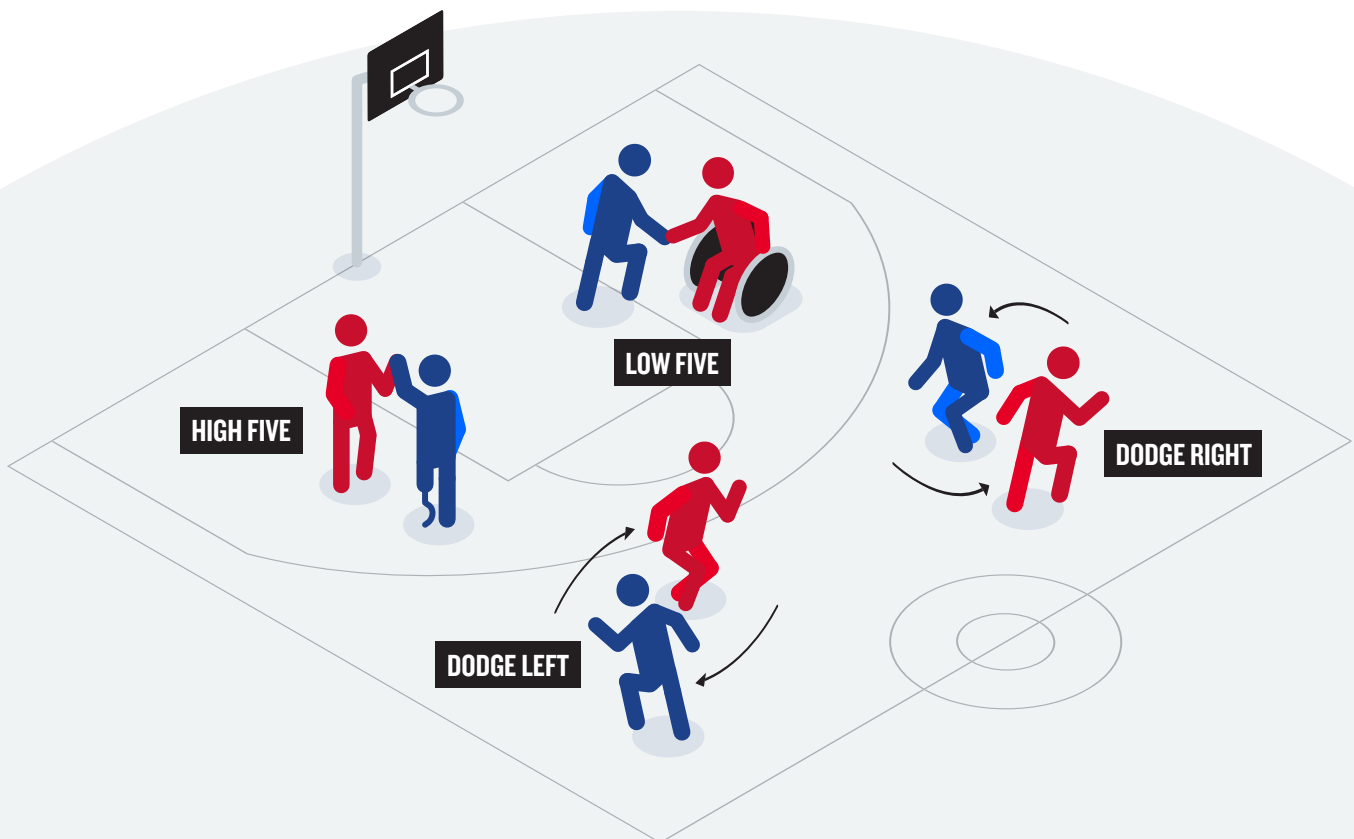
- None.

SPACE

Full court.

SAFETY

- Avoid bumping into others.
- Make sure feedback is positive.



HOW TO PLAY

1. Players move around the area at a **fast pace**.
2. **Shout an action:** players respond by making that action as they meet the player nearest to them, e.g.
 - **High five** – reach up
 - **Low five** – reach down
 - **Left** – dodge left
 - **Right** – dodge right
3. Keep varying the actions.
4. Gradually **decrease** the pace, e.g. from gear 5 down to gear 1.
5. Introduce '**pause and praise**': as a player meets another, they stop to offer positive feedback, e.g.
 - **One basketball skill**, e.g. your passing was precise.
 - **One life skill**, e.g. you encouraged your team mates.

INCLUDING EVERYONE: USE **STEP** TO ADAPT THE GAME. FOR EXAMPLE:

S SPACE

- Gradually **decrease** the size of the area.
- Play as **smaller groups** within zones.
- Allocate a zone to a **small number** of players.

T TASK

- Ask players to **suggest actions** at the start.
- **Pairs** choose their **own action** when they meet.
- **Vary** how players move, e.g. sideways, zig zag.

E EQUIPMENT

- **Dribble** a ball whilst moving.
- **Move** around cones spread across the area.
- Provide postcards for **written praise**.

P PEOPLE

- **Players interact** with a different person for each new action.
- Group or pair players for **'pause and praise'**.

BUILDING BASKETBALL SKILLS



This activity helps you to...

- **Reduce heart rate** after exercise.
- **Develop awareness** of other players.
- **React** quickly to changes.
- Build **team spirit**.

LEARNING LIFE SKILLS



This activity helps you to...

- **Personal** – take responsibility.
- **Social** – respect others.
- **Thinking** – reflect.
- **Creative** – be curious.

REFLECTIONS

EQUIPMENT

- None.

SPACE

Full court.

SAFETY

- Limit a stretch if it is painful.
- Do not share partners' responses with others.



HOW TO PLAY

1. **Play in pairs** – Partners 1 and 2.
2. **Face each other** – approx. 1m apart.
3. **Partner 1** mimes a series of basketball movements, e.g.
 - **Stretching up** to catch a ball
 - **Reaching sideways** to block
 - **Shooting, dribbling** etc.
4. **Be creative** – and use both sides of the body, e.g. stretch right and left.
5. **Partner 2** mirrors the movements – trying to match them precisely.
6. **Swap roles** so Partner 1 leads.
7. **Share verbal reflections:**
 - Which basketball skill did you improve during the session?
 - Which life skill did you improve?
 - What are your goals for next session?

INCLUDING EVERYONE: USE **STEP** TO ADAPT THE GAME. FOR EXAMPLE:

S SPACE

- **Move** around the area whilst making movements instead of staying in one place.

T TASK

- Partners agree a **series of movements** then try to synchronise them as a sequence.
- **Follow a leader** in a chain instead of mirroring.

E EQUIPMENT

- **Hold a ball** whilst making the movements.
- **Log reflections** on a sticky note and stick them (anonymously) to a group achievement wall.

P PEOPLE

- **Play in small groups**, with a number of players mirroring the movements of a leader.
- Keep **swapping partners**.

BUILDING BASKETBALL SKILLS



This activity helps you to...

- **Stretch out** muscles to prevent injury.
- **Build** body awareness (proprioception).
- **Practise** techniques without pressure.
- Set personal improvement **goals**.

LEARNING LIFE SKILLS



This activity helps you to...

- **Personal** – set personal goals.
- **Social** – use body language to communicate.
- **Thinking** – reflect.
- **Creative** – imagine.

THE ESCAPE GAME

EQUIPMENT

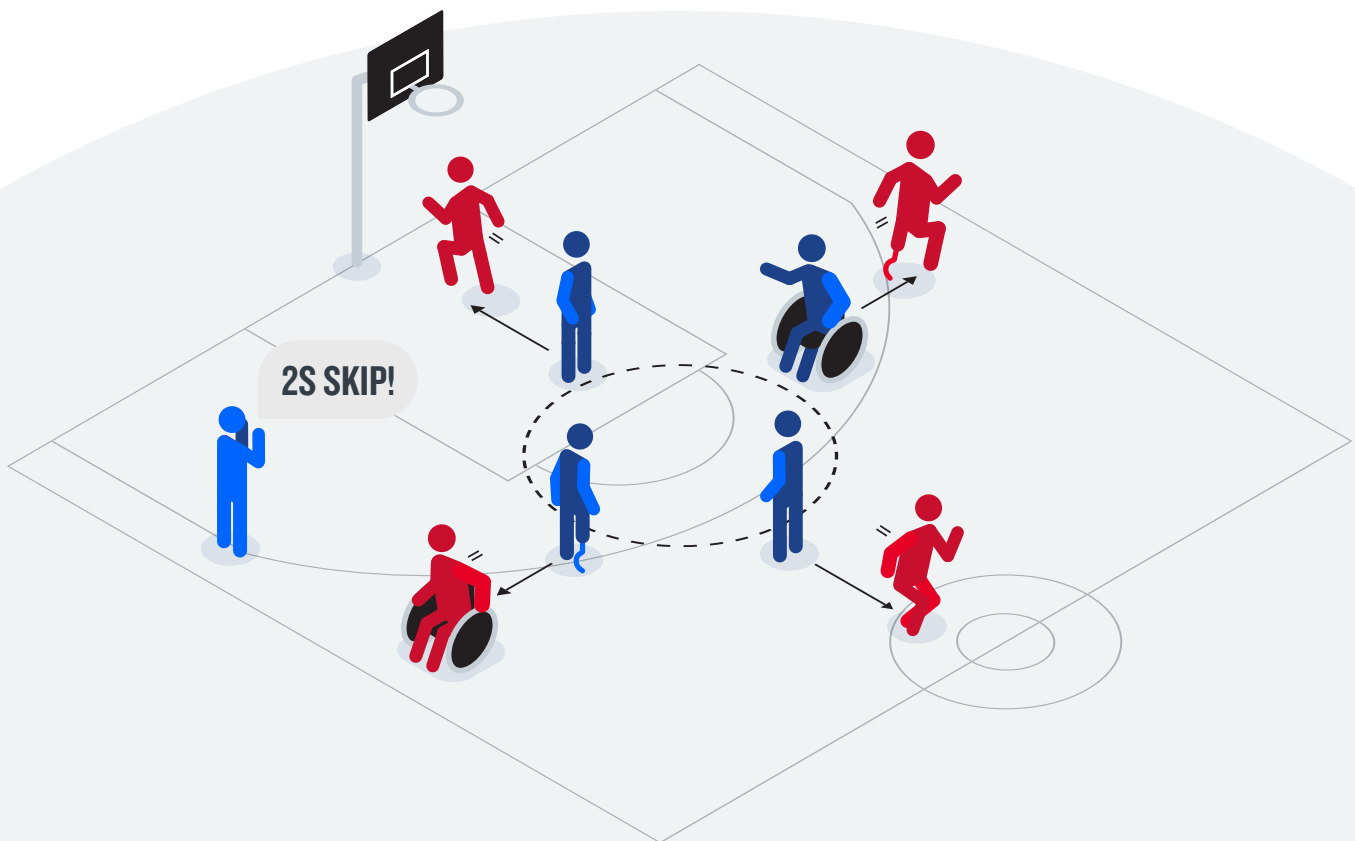
- None.

SPACE

Full court.

SAFETY

- Avoid contact with other players.
- Use non-threatening categories.



HOW TO PLAY

1. **Play in pairs** – Partners 1 and 2.
2. **All 1s** go to the centre of the court, face the centre and close their eyes.
3. **2s** stand next to their partner.
4. Shout **"2s skip"** – **2s** skip away from their partner. (Vary the movement as wished.)
5. Shout **"Tag your partner"** – **1s** open their eyes and skip to chase after **their 2**.
6. Use a **countdown**, e.g. 10 seconds.
7. If **1s** have not tagged **2s** within the countdown, partners find each other.
8. When partners have tagged or found each other, give them a category and ask them to **share their answer** with each other, e.g. favourite food.
9. **Play again**, with **1s** skipping away.
10. **Repeat X3** times for both partners.

INCLUDING EVERYONE: USE **STEP** TO ADAPT THE GAME. FOR EXAMPLE:

S SPACE

- Use a **larger** or **smaller** area.
- Play with pairs in **channels** or **lanes**.
- Allocate **quieter** or **safer zones** for some pairs.

T TASK

- **Vary the movement**, e.g., hop, run, walk, crab walk.
- **Vary the direction**, e.g., forward, zig zag.
- **Increase** or **decrease** the countdown.

E EQUIPMENT

- **Create a slalom** between cones or spots.
- Use coloured flags to **signal** to **1s** and **2s**.
- Use **signs** or **symbols** for categories.

P PEOPLE

- **Play in 3s**: 1 tags 2 then 1 and 2 tag 3.
- A small group of taggers **tags everyone**.
- **Match pairs** by choice or ability or randomly.

BUILDING BASKETBALL SKILLS



This activity helps you to...

- **Be aware** of other players on the court.
- **Track the movements** of a specific player.
- **React** quickly.
- Adjust your **speed** and **direction**.

LEARNING LIFE SKILLS



This activity helps you to...

- **Personal** – be resilient.
- **Social** – communicate with others.
- **Thinking** – evaluate.
- **Creative** – adapt.

HOT SPOT

EQUIPMENT

- Spots or cones.
- Music (optional).

SPACE

Full court.

SAFETY

- Watch out for other players.
- Don't stand on the cones (if used).



HOW TO PLAY

1. **Spread different** coloured spots or cones around the area.
2. **Players move around the area;** gradually **increase the pace** from gear 1 to gear 5 during the activity.
3. **Call out** a colour.
4. Players must **stand on** or **next to** a spot or cone of that colour.
5. Give players a **countdown**, e.g. 3 seconds, to find one and get there.
6. Depending on numbers, **limit** how many players are **allowed at each spot**, e.g. no more than 2.
7. Players gain a **penalty point** if they are not at a spot or cone of that colour.
8. **Play multiple rounds.**
9. The players with **fewest points** win.

INCLUDING EVERYONE: USE **STEP** TO ADAPT THE GAME. FOR EXAMPLE:

S SPACE

- **Reduce** the size of the area after each round.
- **Vary the distance** between spots and cones.
- **Provide a zone** for some players.

T TASK

- **Vary the type of movement**, e.g. walk, run, skip.
- **Vary the direction of travel**, e.g. sideways.
- **Increase or decrease** the countdown.

E EQUIPMENT

- **Decrease** the number of spots each round.
- Use **numbers** or **letters** on spots and cones.
- Use flags or signs to **signal 'go'** and colours.

P PEOPLE

- **Play as teams** and combine scores at the end.
- **Change the player limit** at each spot or cone.
- **Rotate** players as **callers** for each round.

BUILDING BASKETBALL SKILLS



This activity helps you to...

- Be aware of **space**.
- Be aware of **other players**.
- Change speed and direction quickly.
- React to changes.

LEARNING LIFE SKILLS



This activity helps you to...

- **Personal** – be honest and have integrity.
- **Social** – consider other people.
- **Thinking** – concentrate.
- **Creative** – try new ideas.