



# WEEK 1

## BASKETBALL

### SPORT

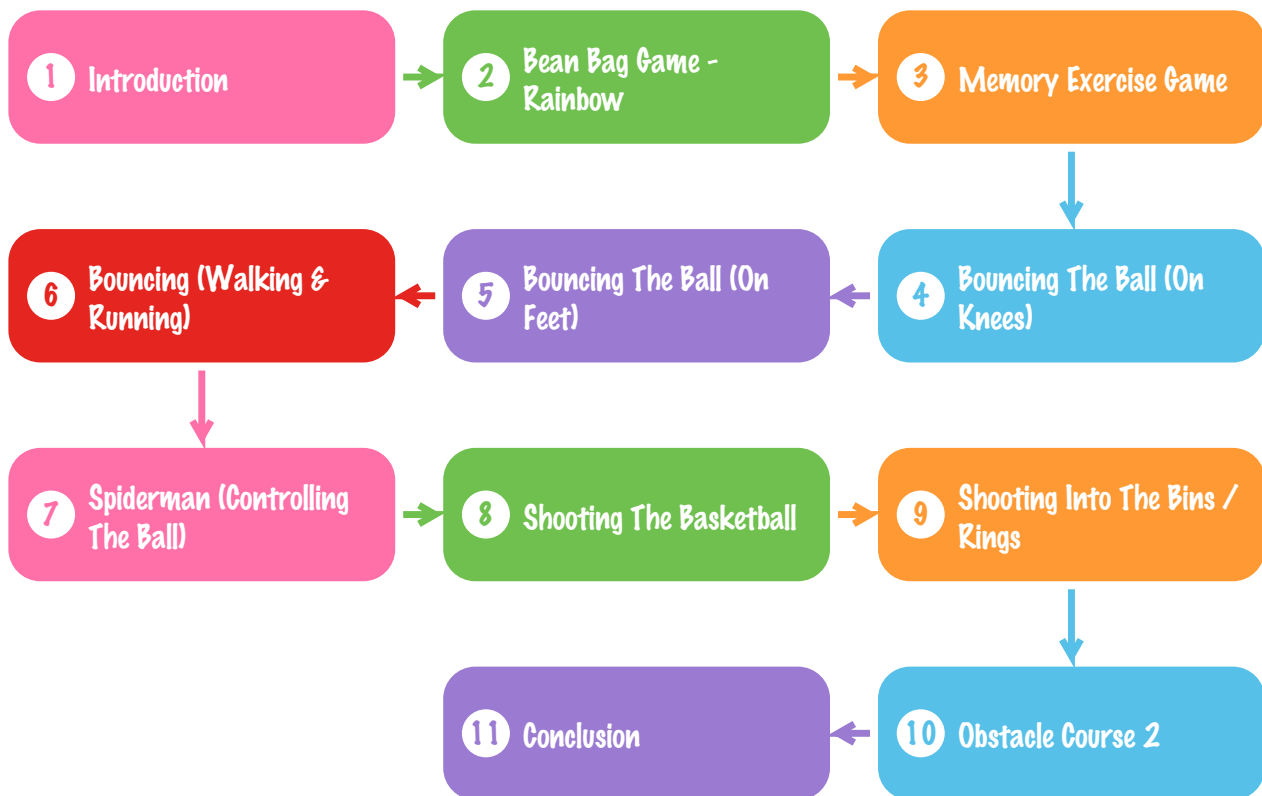


WELCOME TO WEEK 1

YOUR SPORT SESSION

# LET'S GET MOVING!

## SESSION FLOW · 11 ACTIVITIES



1

## Introduction

Welcome the children and the teachers to the first week of our new sport, basketball. Run through the rules of basketball (hands only, no feet; basketball is a round / circle ball).

# WARM UP ACTIVITIES

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2

## Bean Bag Game - Basketball Progression 1

This beanbag game is to introduce the kids to what we call the rainbow (we perform a rainbow when shooting the basketball). We are teaching the children the correct technique for shooting the basketball. The rainbow shot / throw is easy to learn and teach (Gooseneck, Rainbow). This means the children are to start in the gooseneck position and then make a rainbow with the beanbag, shooting the rainbow up into the air rather than straight down. Match the coloured beanbags with the coloured hoops; there will be a matching coloured cone in front of the coloured hoop where the children will stand behind and perform the rainbow.

3

## Memory Exercise Game

Have the children on their feet like soldiers. For this game, each exercise will be given a number. For example, 'Frog Jumps' will be given number 1. Start off by saying 1 and having the children perform the frog jump. Repeat that a few times so the children understand that number 1 means frog jumps. Then have the children do another exercise, for example spinning in circles. Have the children spin in circles and let them know that spinning in circles is exercise number 2. Now call out number 1, then number 2, then number 1, seeing if the kids remember what exercise they are meant to be doing. Repeat this with one more exercise, number 3. Repeat the game, this time changing your callouts randomly to 1, 2 and 3. Let the kids know that next week there will be 4 exercises.

# SKILL ACQUISITION

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## **Bouncing The Ball (On Knees)**

The children are to start on their knees. They are then to kneel nice and high like soldiers. They then drop the ball with two hands, let the ball hit the ground, and perform the catch and hug.

5

## **Bouncing The Ball (On Feet)**

The children are to start with wide legs (this ensures that the ball won't hit their feet when they bounce it). They then drop the ball with two hands, let the ball hit the ground, and perform the catch and hug.

6

## **Bouncing The Ball (Walking And Running)**

The children are to start lined up on the fence in a nice straight line. When the music starts, they are to practice walking and bouncing.

7

## Spiderman (Controlling The Ball)

Jump up with wide legs; start with a ball between your legs on the ground; roll the ball around 1 foot, through your legs, and around the other foot. If performed properly, the basketball should be drawing a figure 8.

8

## Shooting The Basketball

Line the children up in a straight line, holding the ball. Go through the coaching cues and have the children repeat after you in a loud voice: Soldier, Arms Up, Bend Your Knees, Rainbow. When the children say rainbow, have them all shoot the basketball.

Emphasise that we are drawing a rainbow with our ball, so the ball path is 'up and then down'. Explain to the kids that the basketball ring is high up in the air, which is why we need to shoot like a rainbow. Have the children run, grab their ball and return to the start position.

★ Soldier, arms up, bend your knees, rainbow.

9

## Shooting Into The Bins / Rings

Introduce the children to the lava concept – the children are to line up behind the lava but are not allowed in it because it is hot. Explain to the children that they have to shoot the basketball over the lava into the bins. The children are then only allowed to go get their basketball when the coach gets the 'water hose' out and 'cools' down the lava. Practice 4–5 times.

10

## Obstacle Course 2

Working on their running, balancing, hurdles, crocodiles / ladder, side or forward roll, and tackling of Mikey Monstar.

11

## Conclusion

Sit the children down and run through all the different skills and activities we have learned in our first week of basketball. Ask the children what their favourite part of today's session was, and let them know that we have two more weeks of basketball left before we change sports.



**END OF  
WEEK 1**