

#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.



@KESSPB

@awhitehousePE

@SarahLayPE

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**



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?



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?



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



KS2