



RAISING
ASPIRATIONS

CREATING
POSSIBILITIES

PROMOTING
EQUITY

MAKING A
DIFFERENCE

MOTIVATING
& INSPIRING

MORE CHILDREN • MORE ACTIVE • MORE OFTEN

@ActiveSchoolsED

EDINBURGH
THE CITY OF HEREBRIDGE & GLEN

Basketball Games @ The Hub 2022

1. Shooting Challenge – Take 4 large steps back and see how many times you can score a basket or hit a target. Complete 5 times and count your total score.
2. Dribbling challenge – 20 right hand dribbles, 20 left hand dribbles, 20 crossover dribbles - repeat 3 times and note your score.
3. Passing challenge – get a basketball and a partner. Start close together, pass from one hand and have your partner catch with one hand only. Repeat back with you catching. Take a step back and repeat. See how many steps back before you drop the ball.
4. Shooting challenge – place a hoop on the ground in one spot. Have 3 bean bags to hand. Starting in close you must score at least 1 out of the 3 to move on. Step back and repeat. Step back until you do not score any of the 3 in the hoop. See how many steps away you can get.
5. Dribbling challenge – separating your feet into a wide stance. You must dribble the ball around your feet in a figure of 8. Keeping the ball as low as possible, complete this 6 times. Time how long it takes you to complete the task.
6. Shooting challenge – shoot the ball up into the sky. Whilst the ball is in the air you must touch your head, shoulders, knees and toes before catching it again. Make sure you throw it high enough. How many repetitions can you do before dropping it.
7. Passing accuracy challenge – Get out a small hoop and place it 5 large steps away from you. With your right hand throw a ball at it 10 times. Then do 10 with your left hand. Count how many hit the target?

Shooting challenge – place your hoop in one spot. Grab a bean bag. Spinning round on the spot 5 times you are then going to shoot into the hoop. If you miss spin around and try again.

Basketball Challenges

Record your score and check the medal table below to see if you achieved a **GOLD**, **SILVER** or **BRONZE** medal.

Challenge No.		Gold	Silver	Bronze	Your Score / Time	Your Medal
1	Shooting	20-25	11-19	5-10		
2	Dribbling	2 mins or less	2-4 mins	More than 4 mins		
3	Passing	More than 4	2-4	1		
4	Shooting	More than 4	2-4	1		
5	Dribbling	Less than 18 seconds	19-40 seconds	More than 40 seconds		
6	Shooting	More than 4	2-4	1		
7	Passing	15- 20	10 -14	4- 9		

