A person driving a race car

Description automatically generated with medium confidence

Suggested lesson for January 14, 2022

ALL K-2 CLASSES:

Please complete our basic stretch routine ~ followed by one of the fitness routines above or found on the main page!

For a fun challenge try the “Beat the Teacher ~ Minute to Win It” video challenge found on the main page!

**Today please take some time to REVIEW and work on your: DRIBBLING/BOUNCING SKILLS**

**Working alone or with a partner (Mom, Dad, Brother or Sister) outside or in a safe location inside your house.**

Use a basketball or other medium sized ball that will bounce.

Start with a stationary dribble on the spot.

Remember to PUSH the ball WITH your FINGER PADS down towards the ground/floor. Try not to slap the ball.

Use your left hand only and do 20 dribbles/pushes.

Use your right hand only hand and do 20 dribbles/pushes.

Alternate left to right for a total of 20 dribbles.

\*\*Find if possible, an area/space about 10 -15 feet. Practice dribbling while moving.

Start with dribbling and walking. Dribbling at a jogging pace. Dribbling at a faster running pace! Remember to keep control of your ball ~ Be the boss!

\*\*Finish today by setting up a small obstacle course to dribble and weave through.

**If working alone, see how long it takes you to weave down and back 1 time, 2 times in a row and finally 3 times in a row.**

**If with a partner ~ challenge your (Mom, Dad, Brother or Sister) and see who can be the fastest dribbler through the obstacle course? Good Luck !**



Suggested lesson for January 14, 2022

ALL 3-6 CLASSES:

Please complete our basic stretch routine ~ followed by one of the fitness routines above or found on the main page!

For a fun challenge try the “Beat the Teacher ~ Minute to Win It” video challenge found on the main page!

Or

Try one of the dance videos to get yourself moving and your heartrate pumping ~ Let loose and have some fun!

**Today’s focus:**

**\*\*BASIC JUMP SHOT\*\* (Shooting Skills)**

**Using your crease and homemade net/target.**

**If possible:**

**Take 3 jogging steps (carrying the ball in your hand.) Bounce the ball 1 time to the floor and re-catch the ball. Take an additional 3 steps towards your net. Jump up and into your crease.**

**Shoot the ball to your net ~ before landing!**

**See the video below for reference:**

<https://www.youtube.com/watch?v=kI_a2_FfyEE>

**If possible:**

**Watch the video below on BASIC DEFENDING SKILLS**

<https://www.youtube.com/watch?v=fpjIy0_KF00> <https://www.youtube.com/watch?v=fpjIy0_KF00>

**Work with a parent or brother or sister. Take turns being the DEFENDER and attempt to block their JUMPSHOT.**

**\*\*Try hard not to use too much contact while defending (stay about 2 feet in front.)**

**\*\*Remember to simply use your body, arms and hands to block the shot.**

**\*\*Arms Out ~ Arms Up**

**Who will be the best defender!**

**Hey guys! If you have time, try out the game below ~ Have fun ~ Good luck!**

A picture containing text

Description automatically generated

P.S!

You will need to find a Dice to use for the game!

Chart

Description automatically generated

Play against yourself or challenge a partner!

Decide who will go first.

Roll the dice and move that number of spaces.

Check the color code beside the game board and perform the specific exercise!

Take turns ~ Have fun ~ Good Luck!