

Secondary Virtual Basketball Skills Challenge

Please see below details of the Autumn Term Virtual Basketball competition, for boys and girls in Secondary (Years 7,8,9,10 and 11).

Designed to help support and promote activity, health and well-being for all students across the whole school, inclusive so that all students are able to take part at their own level and provide them the opportunity to develop and improve personal skills and techniques. The challenges also provide a focus on School Games Values of Teamwork, Determination, Self-Belief and Honesty.

These resources are flexible and if you wish can be adapted and used just internally to suit your school; this could be with a handful of students or a full year/key stage. If you wish to enter the Inter School Competition, please follow the rules below as closely as possible.

Safety

Area to be risk assessment by school staff

- Each player/pair should retain and use the same pieces of equipment which could be cleaned after use.
- Social distancing should always be maintained.
- No Jewellery to be worn.
- All Loose clothing must be tucked in and shoe - laces tied.
- Pupils must be spaced at least 2 metres away from each other.
- Players will go one at a time and retrieve their balls at the end of each game.

Rules and Format

- This will take place during Autumn Term and will take place at the individual schools that are participating with each school devising their own schedule. This could be during PE lessons, After School Clubs or in a Specific Competition Schedule within school
- We will collate results. See further detail below for results
- Students will compete using four separate challenges scoring points within each challenge to provide a combined total.
- Each pupil should have two attempts to create their best combined total, preferably with some practice in between attempts.

Leadership

- In school young leaders could be utilised to co-ordinate and run each challenge station, monitoring participants, maintaining safety, timing, scoring and recording results.

Equipment

- Basketball Balls, Basketball hoop, Cones, Stopwatches.

Recording Results

- If you would to enter the Manchester Inter School Competition you will need you to send us the following results by December 4th 2020 latest, via e-mail to either Doug.Martin@WHGS-Academy.org or Simon.Jones@WHGS-Academy.org
- Please submit your top 3 individual scores from each Year group 7 to 11 for each boys and girls.
- Please also record and submit the total number of, girls and boys separately, that have taken part.
- Top scoring individuals and most improved scorers will be presented with prizes at the end of the competition.

Challenge #1 - Dribble 10

- The drill consists of three different dribbles. Right hand x10 Left hand x10 Crossover x10
- Each 10 completed equals 5 points.
- Dribble as quickly as you can and switch between skills as quickly as you can to get the highest score.
- Participants have 90 seconds to get their score.
- Leader required to keep score.
- Video Link - [Challenge 1 - Dribble 10](#)

Challenge #2 -High pace Lay-up

- Two cones set up 5 metres away from the basket on the left and right side.
- Start from any side, dribble towards the basket and Lay up. Catch your own rebound and go back to the opposite side and continue.
- 1 point for each basket.
- 10 lay-ups to be taken from each side (20 overall).
- Video Link - [High Pace Lay-up](#)

Challenge #3 – Free Throw/3 Point Shooter

- The object of this challenge is to see how shots you can score from free throw line or beyond the 3point arch.
- Each pupil will attempt 10 shots from either position. It is the pupil's choice which shot they want to take each time.
- Made free throws equal 1 point & made 3 point shots equal 3points.
- Leaders are required to record the score of each shooter.
- Video Link - [Challenge 3 - Free Throw/3 Point Shooter](#)

Challenge #4 – Partner Pass

- 2 players using 1 ball
- Standing approximately 5 metres apart, both players are to pass and receive the ball from each other using chest and bounce passes alternately.
- How many passes can you complete in 90 seconds.
- Each time the ball is dropped, or the pass is not collected, 1 point will be deducted from the score.

- Leader to keep score.
- Video Link - [Challenge 4 - Partner Pass](#)