

# DEVELOP



# SCHOOL GAMES

SUFFOLK  
VIRTUAL COMPETITIONS

2020/21

## BASKETBALL

DATES 5<sup>th</sup> February – 12<sup>th</sup> February

### TARGET AUDIENCE

These events are for students who like friendly competition but don't solely focus on winning, instead they include a School Games Value focus, giving students the opportunity for personal development.

### YEAR GROUPS

These challenges have been designed for:

- Year 7
- Year 8

### WHERE

All of the 4 challenges can be done in school time or at home with the family.

### LEADERSHIP OPPORTUNITIES

- Using leaders to demonstrate the tasks.
- Using leaders to lead part of the session (eg. warm up / Cool Down).
- Using Leaders to time the activities.
- Using leaders to record Results.
- Using leaders to take photographs for use on social media.

## SCHOOL GAMES VALUES

During each of the competition's pupils are challenged to demonstrate the School Games values



**DETERMINATION** - Determination is about the journey you go on to push yourself and achieve your dreams.



**PASSION** - Giving it 100 percent. Putting your heart and soul into the game and never giving up.



**RESPECT** - Respect for the referee, for the opposition, for your team mates, for yourself and for the game.



**HONESTY** - Honesty with others and with yourself. Having the courage to do the right thing and what you know is right.



**SELF BELIEF** - You've got to believe to achieve. Have the self-belief and confidence to succeed and reach your personal best.



**TEAMWORK** - Treating everybody equally, supporting each other and working together to achieve at your very best level.

## CHALLENGE 1



### Dribbling Shuttle Run

How many dribbling runs can you make in 60 seconds?

Mark out 2 cones 5m apart. Each Pupil will dribble the ball to and around the cones.

1 Point will be rewarded each time you circle a cone.

## CHALLENGE 2



### Through the Legs

How many times can you bounce the ball through your legs in 60 seconds?

Pupils must try to bounce the ball between their legs whilst standing still. To be successful pick a landing spot for the ball.

1 point will be rewarded for each bounce and catch between the pupil's legs.

## CHALLENGE 3



### Layups

How many times can you score a layup in 60 seconds?

Mark out a starting spot for your lay-up, outside of the 3 Point line. Off a dribble take your layup and collect your own rebound, return to your starting spot and repeat.

1 point will be rewarded for each basket scored.

## CHALLENGE 4



### Set Shot

How many baskets can you score from a set shot in 60 seconds?

Mark out a shooting spot 3m from your basket, this can be at any angle. Pupils will shoot from a standing position, they will collect their own rebound and return to the shooting spot before trying again.

1 Point will be rewarded for each basket scored.

## SCORING

Each Challenge is scored separately, pupils can do 1 or all of the challenges.

Pupils will score points for the following things,

- Completing a challenge, 1 point per different challenge completed e.g. If a pupil does all challenges their school receives 4 points.
- Top 3 scores from each challenge will be added up and combined with the Challenges points.

## HOW TO ENTER

You can enter in 3 different way,

1. Schools run these activities for Key worker children etc and send in the results.
2. Parents and carers submit their videos and scores via social media or email @NorthSuffolk SG / Virtualschoolgames@gmail.com.
3. PE teacher collect scores and sends them into the partnership.

