

Stories in Motion

In-Class Activity Breaks

Continue each bulleted activity or set of activities for 15-30 seconds.

Basketball Practice

- We have a big basketball game tomorrow. The opposing team beat us the last game, so we need to step it up this time and get a good practice in today. Let's put our jerseys on!
- First, we have to warm up. Find a partner, and throw a chest pass to each other as you shuffle side to side. Put some power into it! After you move to the right for a little while, switch directions. Don't stop shuffling and make sure to catch every pass!
- Next, we need to practice our bounce pass. Dribble the ball to one side for a few steps, pass it to your partner with only one bounce, and shuffle the opposite direction as they pass it back to you. Do that several times.
- Now it's time to practice by ourselves. Grab a basketball, and dribble it as you walk around the court. Try dribbling through your legs and around your back. Have fun!
- Let's try shooting the ball for a while now. Dribble the ball as you walk to the free-throw line. Bend your knees and shoot the ball! Did you make it? Try it one more time.
- Our coach said we need to do some sprints. Ready? Go! Run as fast as you can to the free throw line. Bend down to touch it, and run back to the starting line. Now, sprint to half-court. Bend down to touch the half court line, and run back quickly to where you started. Good!
- Finally! The best part of shooting practice. The coach will pass you basketballs non-stop, and you just have to jump and shoot from wherever you are! The key is to keep moving around the court. Ready? Go! Catch it. Shoot it.
- Great practice today everybody. See you at the game!