

# Practice #6: Health & Fitness

ACTIVITY	TIME	KEY POINTS	EQUIPMENT
<b>Open Gym/ Welcome Group Circle</b>	⌚ 5 MINUTES	<ul style="list-style-type: none"> <li>Bring it in...slow clap...Jr. NBA cheer!</li> <li>How did you demonstrate <b>Leadership</b> since we last had Jr. NBA?</li> <li>The key theme today is <b>Health &amp; Fitness!</b> <ul style="list-style-type: none"> <li>Emphasize good and healthy lifestyles</li> <li>Being active is the best way to have fun</li> </ul> </li> </ul>	
<b>WARM-UP GAME</b> ⌚ 8 MINUTES			
<b>Cheetahs</b> 	⌚ 5 MINUTES	<ul style="list-style-type: none"> <li>Swing your arms</li> <li>Lean forward and push with your legs</li> <li>Change speed, change direction, plant and explode</li> </ul>	
<b>Dynamic Warm-Up</b>	⌚ 3 MINUTES	<ul style="list-style-type: none"> <li>Go slow, it is not a race</li> <li>Keep your balance</li> </ul>	
<b>💧 WATER BREAK</b>			
<b>FUNDAMENTAL/ BASKETBALL SKILLS</b> ⌚ 20 MINUTES			
<b>Rock, Paper, Scissor Run</b> 	⌚ 3 MINUTES	<ul style="list-style-type: none"> <li>Listen for the command</li> <li>Keep your head up</li> <li>Cushion/Control the ball</li> </ul>	<b>BASKETBALL</b>
<b>Pirate Treasure</b> 	⌚ 4 MINUTES	<ul style="list-style-type: none"> <li>Cushion the ball</li> <li>Lean forward and push with your legs</li> <li>Watch out for your teammates!</li> </ul>	<b>BASKETBALL, DISC CONES</b>

ACTIVITY	TIME	KEY POINTS	EQUIPMENT
<b>Lily Pad Jumps</b> 	⌚ 2 MINUTES	<ul style="list-style-type: none"> <li>• Swing your arms</li> <li>• Bend your knees and explode</li> <li>• Be powerful and stay balanced</li> </ul>	<b>DISC CONES</b>
<b>Dribble Relays/Zig Zag</b> 	⌚ 6 MINUTES	<ul style="list-style-type: none"> <li>• Keep your body low</li> <li>• Keep your head up</li> <li>• Cushion the ball</li> </ul>	<b>BASKETBALL, DISC CONES</b>
<b>Dribble Around the Defenders</b> 	⌚ 5 MINUTES	<ul style="list-style-type: none"> <li>• Keep your head up</li> <li>• Cushion/Control the ball</li> <li>• Stay low</li> </ul>	<b>BASKETBALL, DISC CONES</b>
<b>💧 WATER BREAK</b>			
<b>COLLABORATION GAMES ⌚ 7 MINUTES</b>			
<b>Pirate's Gold</b> 	⌚ 7 MINUTES	<ul style="list-style-type: none"> <li>• Bend your knees and use your legs</li> <li>• See the target</li> <li>• Shoot it over the rim</li> <li>• Count your baskets as a team</li> </ul>	<b>BASKETBALL, MINI-HOOPS, DISC CONES</b>
<b>COOL DOWN/WRAP-UP ⌚ 5 MINUTES</b>			
	⌚ 5 MINUTES	<ul style="list-style-type: none"> <li>• What's the theme of the day? How was it displayed on the court?</li> <li>• What's one new thing that you learned today?</li> <li>• Remember to bring your ball next week</li> <li>• Next week, tell me how you demonstrated <b>HEALTH &amp; FITNESS</b></li> <li>• Bring it in...slow clap... Jr. NBA cheer!</li> </ul>	