

Week 5

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Ball Handling	Slap/Tap Circle/Catch	Coin Flip	Dancers	Ball Handling
WEEK 2	Passing	Desk Ball	Hurdle, Jump, Squat, Fast Feet	Basketball As If	Passing
WEEK 3	Shooting	Defense Burst	Levels	Tabata Stand Up Sit Down	Shooting
WEEK 4	Defense	BOKS It (Basketball Style)	Minute to Win It	Tabata Jumping	Defense
WEEK 5	Agility	Basketball Coin Flip	Sports Galore	Fast & Low	Agility

How does this work?

- Click on the activity to see how to perform the exercise.
- Click on the ball video to see an introduction of all the basketball skills and join the weekly challenges on page 2 to practice and learn the basketball skill of the week.
- Practice in new BOKS Burst every weekday.
- Use the ABC workout on page 3 and the words in the calendar to get moving.

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NEW - March Calendar

Download by logging into the Trainer Hub

WEEKLY
CHALLENGE

Challenge: Agility

How fast are your feet? Every sport requires a certain level of agility and basketball is no exception. This week we challenge you to get those feet moving with a few different agility challenges. Set up an agility ladder using chalk or tape. Every day this week, follow the agility ladder challenges below, set a timer and see if you can get faster on each repeat.

- Day 1 – simple fast feet in and out (in-in/out-out), down the ladder and back. Repeat x10.
- Day 2 – carioca, down the ladder and back. Repeat x10. Plus day one.
- Day 3 – ickey shuffle, down the ladder and back. Repeat x10. Plus days one and two.
- Day 4 – 5 jumps and run, down the ladder and back. Repeat x10. Plus days one through three.
- Day 5 – side step, down the ladder and back. Repeat x10. Plus days one through four.

BURST 1: BASKETBALL COIN FLIP

Materials: Coin or two-sided object. Ball, if desired.

Set Up: Use large space with clearly marked boundaries.

Directions:

- Have kids spread throughout the space.
- Choose a leader to flip a coin for the class. Each coin flip corresponds to 30 seconds of the activity. Repeat as desired. Call out the activity choices prior to the coin flip.
- Kids can use a ball or just pretend that they have a ball.
- Flip one: heads = dribble right hand. tails = dribble left hand.
- Flip two: heads = crossover dribble r/l. tails = pass ball around body right and left.
- Flip three: heads = fast feet. tails = defensive floor slaps.
- Flip four: heads = two hand jump and shot block. tails = jump shots.
- Flip five: heads = dribble jump stops. tails = dribble ball between legs, r/l.
- Change activities as desired.

Weekly Bursts

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BURST 2: SPORTS GALORE

Materials: None

Directions: Do each activity in place for 30 seconds then rest for 10 seconds:

- Act like a baseball player swinging the bat.
- Act like a basketball player shooting the ball.
- Act like a hockey player skating as fast as possible.
- Act like a football player and practice fast feet.
- Act like a professional skier and practice going over jumps.
- Act like a tennis player and practice your serve.
- Repeat.

BURST 3: FAST & LOW

Materials: None

Directions:

- Perform each of the following activities:
- 30 count jumping jacks.
- 30 count plank hold.
- 30 count fast jump rope.
- 30 count low squat.
- 30 count fast running with high knees.
- 30 count plank hold.
- 30 count wide fast feet (like you are running through tires).
- 30 count low squat.
- Rest for 60 seconds.
- Repeat.

BURST 4: ABC WORKOUT - "AGILITY"

Materials: ABC Skill Chart Directions:

- Perform the movements associated with each letter of the word provided using the ABC workout poster on page 3 of the March Fitness Calendar.

Weekly Bursts

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BURST 5: MIRROR ME

Materials: None

Directions:

- Have kids partner up – they can still maintain distance between one another.
- Each partner will take a turn leading a stretch of their choosing. Their partner must mimic them, trying to follow along. Each stretch should be held for 30 seconds. It's important to emphasize that this is not a competition, and everyone has different levels of flexibility. Remind the kids that they should only stretch as far as is comfortable for them, not necessarily as far as their partner.
- Have the partners lead three stretches each – it is okay if they repeat some stretches. Ideas for some stretches include:
 - Standing Quad Stretch- Hold one foot in your hand, keep the other leg straight. Stretch should be in the front of the bent leg.
 - Standing Calf Stretch- Step one leg forward. Keep it straight while leaning hips back. Stretch should be in the back of the lower front leg.
 - Standing Triceps Stretch- Lift one arm up and fold it, reaching your hand towards your back. Use your other arm to gently push your elbow down, deepening the stretch.
 - Figure Four Stretch- Laying on your back and feet on the ground, cross your right ankle over the left knee. Lift your left knee up and your left foot off the ground, using your hands to pull your left thigh towards you. Stretch should be in the right hip. Switch sides.

