



FITNESS CHALLENGE

March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 BASKETBALL TASK CARD 1	2 3 Side Slides 3 Line Drills	3 Speed Dribble (20 seconds) 360 Turn & Dunk (x3)	4 Quick Feet (20 seconds) 3 Quarter Turns
5 Dribble in Place (30 seconds) 5 Jump Shots	6 8 Side Slides 8 Line Drills	7 Speed Dribble (30 seconds) 360 Turn & Dunk (x4)	8 BASKETBALL TASK CARD 2	9 Quick Feet (30 seconds) 5 Quarter Turns	10 Dribble in Place (30 seconds) 5 Jump Shots	11 5 Side Slides 5 Line Drills
12 Speed Dribble (40 seconds) 360 Turn & Dunk (x5)	13 Quick Feet (40 seconds) 8 Quarter Turns	MARCH MADNESS BEGINS 14 Dribble in Place (40 seconds) 8 Jump Shots	15 BASKETBALL TASK CARD 1	16 8 Side Slides 8 Line Drills	17 Speed Dribble (40 seconds) 360 Turn & Dunk (x5)	18 Quick Feet (40 seconds) 8 Quarter Turns
19 Dribble in Place (50 seconds) 10 Jump Shots	20 10 Side Slides 10 Line Drills	21 Speed Dribble (50 seconds) 360 Turn & Dunk (x6)	22 BASKETBALL TASK CARD 2	23 Quick Feet (50 seconds) 10 Quarter Turns	24 Dribble in Place (50 seconds) 10 Jump Shots	25 10 Side Slides 10 Line Drills
26 Speed Dribble (60 seconds) 360 Turn & Dunk (x7)	27 Quick Feet (60 seconds) 12 Quarter Turns	28 Dribble in Place (60 seconds) 12 Jump Shots	29 BASKETBALL TASK CARD 1	30 12 Side Slides 12 Line Drills	31 Speed Dribble (60 seconds) 360 Turn & Dunk (x7)	

Basketball Themed Calendar for March

Keep students active and practicing various basketball activities during the month of March! Great for in person PE and for students to do at home with family!

- Refer to the Basketball Task Cards on Page 2
- For Dribbling and Quarter Turns, repeat for each hand/side

Find the visuals for each fitness activity below.

Special thanks to:



Visit www.healthiergeneration.org for more ideas on how to inspire a healthy, active lifestyle.

1

TASK CARDS

BASKETBALL

Equipment Needed:

1 ball for each student

- Dribble with right hand:
8 times
- Dribble with left hand:
8 times
- Dribble alternating hands:
5 each hand
- Dribble in a straight line:
10 steps
- Dribble zig-zag pattern:
10 steps

HealthierGeneration.org



2

TASK CARDS

BASKETBALL

Equipment Needed:

1 ball for each student

- Basketball around head:
5 times
- Basketball around waist:
7 times
- Basketball around knees:
9 times
- Basketball around body:
11 times
- Figure eight around legs:
3 times

HealthierGeneration.org



FITNESS BREAKS SLAM DUNK



Dribble IN PLACE

To dribble, push the ball down by spreading the fingers and flexing the wrist. Keep legs flexed and back straight.

HealthierGeneration.org



FITNESS BREAKS SLAM DUNK

Jump SHOT



Pretend to hold the ball with one hand under the ball and the other on the side. Jump straight up. Release the ball before the top of your jump, forcing the ball up and forward with one hand. Follow through like you are reaching into a cookie jar on the top shelf.

HealthierGeneration.org



FITNESS BREAKS MVP



QUICK Feet

Start with feet shoulder-width apart and knees bent in defensive position. Pick up and put down feet as quickly as possible.

HealthierGeneration.org



FITNESS BREAKS MVP



QUARTER Turns

While performing "quick feet," jump slightly and rotate both feet to the right, return to center. Quick feet, jump slightly and land with both feet rotated to the left.

HealthierGeneration.org



FITNESS BREAKS SLAM DUNK



SPEED Dribble

Pretend to push the ball down by spreading the fingers and flexing the wrist in double time. Keep legs flexed and back straight.

HealthierGeneration.org



FITNESS BREAKS SLAM DUNK



360 TURN AND Dunk

Jump up with hands overhead, spin in the air and slam the ball down through the hoop.

HealthierGeneration.org



FITNESS BREAKS MVP



SIDE Slides

Start in defensive position. Step towards the left with the left foot; follow by bringing the right foot closer to the left foot. *Repeat.* Step towards the right with the right foot; follow by bringing the left foot closer to the right foot. *Repeat.*

HealthierGeneration.org



FITNESS BREAKS OVERTIME

LINE Drill

With toes on line, step over, over, back, back. *Repeat 30 times.* Switch to lead with the other foot. *Repeat 30 times.* With one foot in front of the line and the other behind, jump and switch feet (scissors). *Repeat 30 times and switch lead foot.* With both feet parallel, jump over and back. *Repeat 30 times.*



HealthierGeneration.org

