

### FITNESS CHALLENGE

### March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 BASKETBALL TASK CARD 1	3 Side Slides 3 Line Drills	Speed Dribble (20 seconds) 360 Turn & Dunk (x3)	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	Dribble in Place (30 seconds) 5 Jump Shots	5 Side Slides 5 Line Drills
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	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	Speed Dribble (50 seconds) 360 Turn & Dunk (x6)	BASKETBALL TASK CARD 2	Quick Feet (50 seconds) 10 Quarter Turns	Dribble in Place (50 seconds) 10 Jump Shots	25 10 Side Slides 10 Line Drills
26 Speed Dribble (60 seconds) 360 Turn & Dunk (x7)	Quick Feet (60 seconds) 12 Quarter Turns	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 <u>www.healthiergeneration.org</u> for more ideas on how to inspire a healthy, active lifestyle.

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### **FASK 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

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### ASK 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

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# 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.

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# FITNESS BREAKS SLAM DUNK

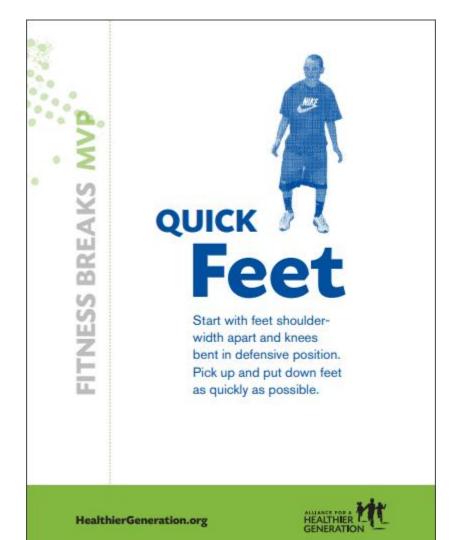
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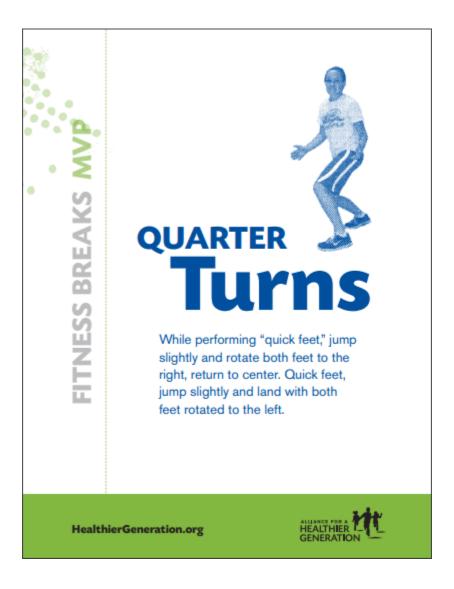


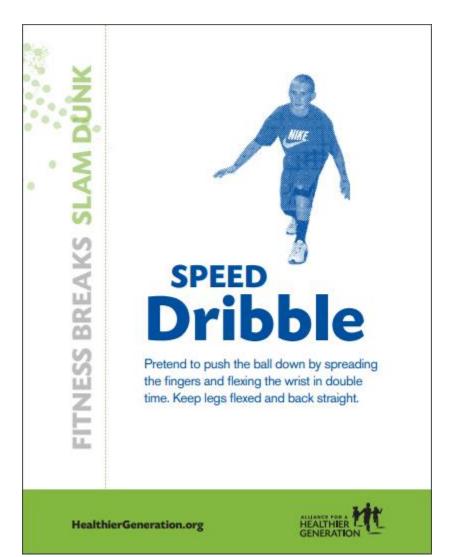
Pretend to hold the ball with one hand under the ball and the other on the side. Jump straight up. Release the ball before the top of your jump, forcing the ball up and forward with one hand. Follow through like you are reaching into a cookie jar on the top shelf.

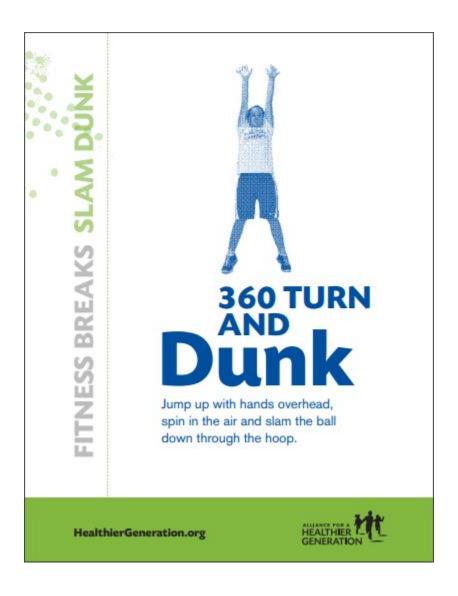
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## FITNESS BREAKS MVP



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*.

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## FITNESS BREAKS OVERTIME

### 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.



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