



## THREE

INVASION: BASKETBALL

## (eio)au

>To identify and practice the key skills involved in the game of basketball

Don't forget to click on the video icons to watch demonstrations by Emma!



## 

- > Device to watch videos
  - > A ball that bounces
    - > Hoop/target
      - > 3 targets











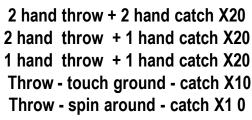




Figure of 8 X20 **Body wrap X10** Drop + catch X10 Sit + bounce X20 Kneel + bounce X20 Hop + bounce X10 **Bounce-spin-catch X10** Bounce through legs X10



If you don't have a basketball hoop create a target. Use a laundry basketball, or choose a spot on a tree or wall. Shoot 30 baskets!







Set up 3 targets Throw the ball underarm and hit each target X 5 Repeat but use opposite hand Repeat but this time use a chest pass



- > I can control a ball through ball handling exercises > I can shoot the ball towards a target or in a hoop
- '> I can throw a ball and hit a target

MPPS RACE AROUND AUSTRALIA

Don't forget to fill out your exercise

