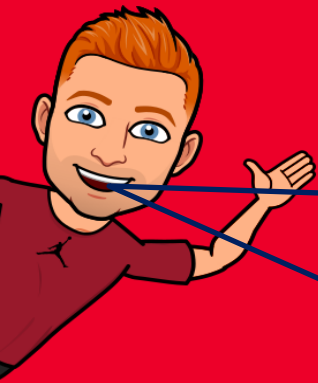


## Home Learning Activities – Basketball/Netball KS2



Hi everyone! Hope you are all keeping well and staying active at home.

This week we are improving your ball handling skills. To do this we are practicing Basketball & Netball. You can use any ball (If it can bounce then even better!)

Share your pictures and videos with us on social media  
@LittleSportsCoaching

### Around the World:

- Stand up straight with your feet shoulder width apart
- Hold the ball in one hand and move it around the back of your body to your other hand
- Then move the ball around the front of your body so you have done a full 360 around your body
- Repeat
- 1 point scored for every time it goes around your body. 1 minute to see how many you can complete
- If you drop it then that point does not count



### Around the World 2:

- Same as the previous drill (Around the World) but this time around your leg
- You can choose your right leg or left (or try both!)

## Home Learning Activities – Basketball/Netball KS2



Figure of 8:

- This is the same as Around the World 2 but you will be going around both legs in a figure of 8
- Start on one leg, go around, then transfer the ball over to your other hand and go around the other leg
- Repeat. You get a point for every time you complete it without dropping it!
- You have 1 minute to get the highest score you can
- If you drop it, do not worry, try again.
- See pictures above for information on how to do it.

### Target Hitting:

- Stand 3 steps away from the wall/target
- Throw the ball at the target if you hit it then you get 1 point.
- Try underarm and overarm
- You have 1 minute to try and get as many points as you can
- Why not try the bounce pass to hit the target?

