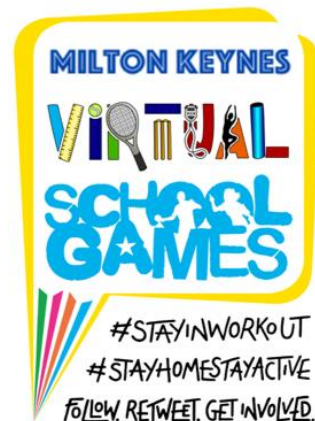


BASKETBALL



Follow the steps below to get involved:

1. Familiarise yourself with the 2 challenges below.
2. Take some time to practice and improve before recording your scores.
3. Once you feel confident, record your score using the guidance below.
4. Click the link at the bottom of page 2 and complete the form to support and represent your school.



Honesty with others and with yourself. Having the courage to do the right thing and what you know is right.

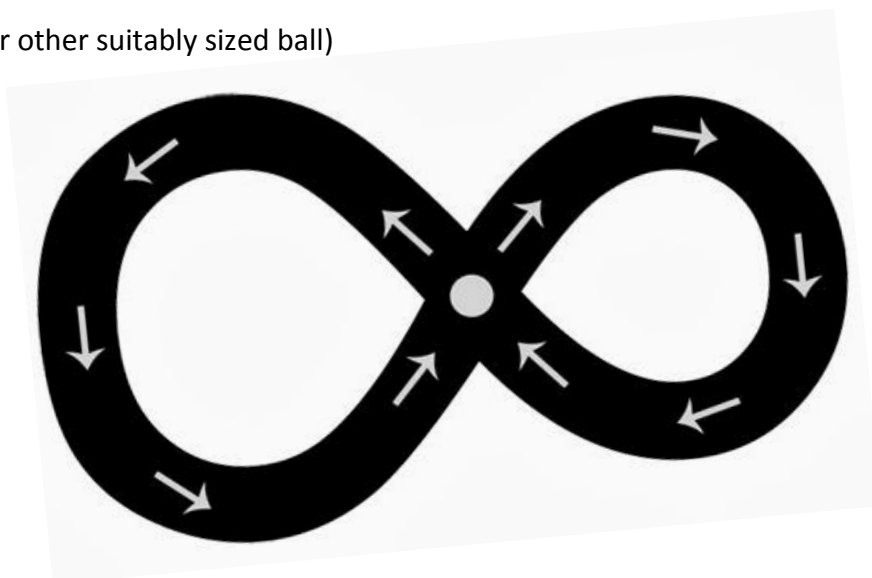
For more information on this and other upcoming CSW virtual competitions go to:

www.yourschoolgames.com/sgo/mk-north/

Challenge 1 – Ball handling figure of 8

Equipment –

- A basketball (or other suitably sized ball)
- A stopwatch





Video support – <https://www.youtube.com/watch?v=KmZfScFBm0o>



- Stand in a wide, squatted stance.
- Hold the ball and position it centrally between your legs.
- Complete as many 'figure of 8's' around your legs as possible.
- Each figure of 8 completed gains you 1 point.
- If the ball is dropped or the figure of 8 is not completed in full, do not count that attempt in your final score.

Recording your score -

You have 30 seconds to make as many successful figure of 8's as possible. Set up a timer for 30 seconds or ask someone to time you. During the 30 seconds count how many figure of 8's you make.

SCHOOL GAMES IS FOR EVERYONE – FOR ACTIVITY ADAPTATIONS PLEASE CONTACT – gbaker@oakgrove.school

Challenge 2 – Dribble Figure of 8

Equipment –

- A basketball (or other suitably sized ball)
- A stopwatch

Video support – <https://www.youtube.com/watch?v=1dLwD2H8CSc>



- Familiarise with the video link.
- Stand in a wide, squatted stance.
- Hold the ball and position it centrally.
- Complete as many 'dribbling figure of 8's' around your legs as possible. As shown in the video, each hand must dribble the ball twice as it is directed around the figure of 8/through your legs.
- Each figure of 8 completed gains you 1 point.
- If you lose control of the ball, do not count that figure of 8 in your final score.

Recording your score –

You have 60 seconds to make as many successful figure of 8's as possible. Set up a timer, or ask someone to time you. During the 60 seconds, count how many times you complete a figure of 8.

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SUBMIT YOUR
SCORE

Take your final scores from both challenges, and add them together to get your result.

Ball Handling Figure of 8 + Dribble Figure of 8 = TOTAL SCORE

Submit your **TOTAL SCORE** via the link –

www.surveymonkey.co.uk/r/CSWVirtualCricket

**Entries must be submitted by 1pm on
Friday 26th May**

Participants – All participants will receive an e-certificate via e-mail on completion of each challenge.

Individuals – At the end of each week the top 3 individuals from KS1, KS2, KS3 and KS4 will receive
a £5.00 E-VOUCHER.

Schools – The Infant/junior or Primary School and Secondary schools with the highest percentage of participants by the time the challenge ends will a **£75.00 PE equipment voucher.**



#STAYINWORKOUT

#STAYHOMESTAYACTIVE

FOLLOW. RETWEET. GET INVOLVED.