

Basketball Year 3/4 & 5/6

BUCKS
AND MK



EQUIPMENT

- Chalk / marker
- Basketball
- 4 -8 Cones
- Post/ spot/ hoop



SCORING

Shooting = 1 point per goal
Combined team score

TOP TIPS

- **Shooting/ scoring-** Stand about a metre from the basket players should take their time and line up their shot with the basket use the backboard if there is one.

INSTRUCTIONS

- Refer to shooting card attached.
- Each member of the team has 1 minute to score as many baskets as they can from the 1m marker.

SQUAD

4 boys & 4 girls

CONTACT

The School Games is for everyone, To enter or for adaptations please contact your local SGO.



Basketball – Shooting

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SCORING

Stand about a metre from the basket
players should take their time and line up
their shot with the basket use the
backboard if there is one.



How many baskets can you
score in one minute?



No basket to shoot into? Use an
alternative target – e.g. a hoop, or a
target on the wall.



Arms should be extended above the
head. Arm should be flexed from the
ELBOW. Focus on height, flight, flick and
the finish of their shot.



Write down your score so far

