

## OVERVIEW

<b>DURATION</b>	45 mins
<b>AGES</b>	10 - 12
<b>MILES RATING</b>	0.60
<b>STAGE(S) OF ATHLETIC DEVELOPMENT</b>	Learn to Train (Age 9-12)
<b>SKILL LEVEL</b>	Intermediate
<b>DEVELOPMENT FOCUS</b>	<b>Fundamental Movement Skills</b> Object Control & Manipulation: Dribbling, Hands, Sending, Targeting
<b>SPORT(S)</b>	Basketball
<b>EQUIPMENT</b>	Balls, Beanbags, Coloured Objects, Cones, Hoops, Tape, Target
<b>ENVIRONMENT</b>	Gym

These resources have been taken from (Sport for Life - Playbuilder), and with the support of the Commonwealth Secretariat have been adapted so that they can continue to be used in contexts where isolation or public hygiene conditions must be observed, or in contexts where health and safety regulations require modification.

- Activities can be facilitated in multiple environments. E.g. Home, backyards, gym, field, track, parks, etc.
- Equipment need not be specialized. Be creative with what you have. E.g. Use water bottles or empty boxes for targets, use rolled up socks or paper for throwing and catching, for lines use tape, chalk, or draw on the ground using a stick.
- These activities were created for simplicity, fun, and skill development. You need not be specifically trained to be a facilitator. Anyone with a passion for fun and play can lead.

## SAFEGUARDING CHILDREN AND CHILD PROTECTION

Setting up and following good safeguarding policies and procedures means children are safe from adults and other children who might pose a risk.

Safeguarding is the action that is taken to promote the welfare of children and protect them from harm.

Safeguarding means:

- Protecting children from abuse and maltreatment;
- Preventing harm to children's health or development;
- Ensuring children grow up with the provision of safe and effective care; and
- Taking action to enable all children and young people to have the best outcomes.

This may be the first time you are engaging with children and young people online, and it can be very easy to unintentionally blur the boundaries between your personal and professional digital presence.

Here are some quick tips:

- **Never share personal contact information.** For example, only use work mobiles and social media accounts linked to your professional organisation.
- **Do not accept friend requests on personal accounts from children and young people you are engaging with in a professional setting.** Consider the privacy setting on any personal accounts you have, to reduce the likelihood of this happening.
- **When representing your organisation as part of an online event, be sure to check your organisation's policy** if you would like to promote the event online.

Children have the right to participate in sport in a safe and enjoyable environment. These safeguards are already being piloted by organisations all over the world and are set to be adopted more widely.

For more information please visit UNICEF's keeping children **safe** online guidelines and NSPCC's resource page on safeguarding and child **protection**.

## PARTNERS

This program delivered in partnership with:



## COMMONWEALTH MOVES SAFETY GUIDELINES

### Equipment

1. Equipment should be checked on a regular basis to ensure quality and safety.
2. Inspect all equipment prior to use and remove or repair any equipment as deemed necessary. i.e. remove sharp edges, cracks, splinters, etc.
3. Ensure equipment is developmentally appropriate. i.e. proper weight, size, height, etc.
4. Participants must use equipment in the way it is intended so as not to harm themselves, another individual, or the facility. For example, if using implements such as sticks or racquets participants must not swing them aimlessly as they may hit the walls and cause damage or harm another individual.
5. If extra safety equipment is required, i.e. helmets, safety goggles, etc, be sure they are worn in the proper way intended for use. For example, goggles on the face not head, chin straps secured, etc.
6. Ensure all balls are properly inflated.

### Attire

1. Appropriate athletic footwear, i.e. running shoes, must be worn at all times and shoelaces tied and secure.
2. Appropriate athletic clothing, i.e. t-shirts, shorts, or sweat pants, must be worn at all times. When religious requirements create a safety concern the activity must be modified.
3. Jewelry must be removed for any activity where incidental contact may occur and covered for all other activities.
4. Long hair should be tied back to avoid blocking of vision.

### Environment

1. Easy access to a fully stocked first aid kit must be available.
2. Ensure facility is free from debris and all safety hazards are removed.
3. Participants are to avoid the walls of the facility. Supervisors should place cone(s) to mark a finish line or turning point to avoid running into the walls or stage.
4. If participants are in an outdoor environment be sure the surface is free from holes, glass, rocks, and any other hazards.
5. If activity is taking place outside, supervisors must take into consideration the temperature, UV index, accessibility to water, etc and ensure safety measures are put into place.
6. When participating outside safety procedures must be communicated and followed in case of the threat of lightning.
7. Be aware of fire exits and protocols for evacuating the building in case of emergency.
8. Water must be accessible during all sessions.

### Activity

1. Be aware of any medical conditions your participants may have and the protocols in place to deal with any situations that may arise.
2. Supervisors should always be facing the participants so all activity can be seen and safety hazards addressed in a timely manner.
3. Ensure all activities are developmentally appropriate. i.e. a 6 year old should not be shooting free throws at a 10 foot high net with an adult sized ball.
4. Teach proper progressions of skills from basic to more advanced.
5. A participant should be challenged by choice. If they do not feel comfortable performing a certain skill give them alternatives so they can still participate but at their own comfort level.
6. Be aware of the safety issues of all activities and verbalize these to the students beforehand.
7. Be sure to provide a proper warm – up before activity takes place and cool – down at the end of each session.
8. Participants are not permitted in the area of play unless a supervisor is present.
9. Participants must be aware of their general and personal space at all times, and look where they are moving to ensure the safety of themselves, others and the facility.
10. Supervisors must establish and communicate behavior routines and rules with their group and remind and enforce these when necessary. A participant cannot be allowed to participate if they pose a safety risk to themselves, others and the facility.

## INTRODUCTION

2 mins 30 secs

### Health and Safety Considerations

- Keep a distance of 2 meters.
- Avoid sharing equipment.
- Disinfect equipment before and after use.
- Wash hands with soap and water before and after play.
- Use visual guides for spacing such as tape, ropes, signs, etc.

### ■ Sustainable Development Goals



Goal #3: Ensure healthy lives and promote for all at all ages.

- SDG 3.4 - Inactivity is the fourth leading risk factor for global mortality. The importance of healthy lifestyles is prioritized in the Sustainable Development Agenda. Participating in physical education and sport can motivate people to be more active, contributing to the reduction of “premature mortality from non-communicable diseases” and associated healthcare costs.
- SDG 3.5 - Evidence shows that participating in physical education, physical activity and sport, including traditional sport and games, is associated with improved psychological and social health, as well as the prevention and treatment of substance abuse.
- SDG 3.3 and 3.7 - Regular participation supports the healthy development of children and adolescents, including their cognitive and psychosocial development. Sport events and large-scale physical activity programmes can also provide a platform for community health messaging and empowerment, engaging a diverse range of people who might otherwise not be reached through conventional health delivery. This supports efforts to address communicable diseases and improve access to health-care services.

Goal #4: Ensure inclusive and equitable quality education and promote lifelong learning

opportunities for all.

- SDG 4.1 - Physical education, physical activity and sport are “fundamental rights for all” and, as such, constitute important components of equitable and quality education.
- SDG 8.7 - Physical literacy provides the basis for lifelong participation in physical activity and the associated health benefits, making it essential for young people’s development and an important learning outcome across educational settings. High quality physical education, sport values education, skills development, physical activity and sport learning environments can also contribute to broader education outcomes.
- SDG 4.5 and 5.1 - they promote transferable soft-skills such as team-building, leadership and increased discipline, empathy and respect that assist with the transitioning from youth to adulthood and help to improve school attendance. They can also provide experiential and empowering education that can promote the engagement of a diverse range of students, irrespective of their background, including those less suited to formal education settings.
- SDG 4.5 - The inclusive and equitable delivery of physical education, sport values education, physical activity and sport at all levels of education will contribute to eliminating gender disparities.
- SDG 4.7 - It can also promote holistic development and lifelong learning, providing a platform well-suited to developing the knowledge and leadership skills needed to promote sustainable development.

Goal #5: Achieve gender equality and empower all women and girls.

- SDG 5.1, 5.5, and 5.c - Physical education, physical activity and sport reflect societal gender norms. Women are less likely to participate in physical activity than men and are significantly under-represented in leadership roles across sport. Proactive investment, policies and strategies can help address inequalities in sport participation and leadership.
- SDG 5.5 - Evidence suggests that the strong and active participation of women in decision-making processes has a potent impact on social development. In many communities, targeted sport-based programmes, especially at grassroots levels, as well as sport values education have made important contributions to the empowerment of women, girls and other vulnerable gender groups. Well-designed and effectively delivered initiatives can provide safe spaces to engage and support women and girls, promote female leadership and encourage respectful attitudes towards women and girls.

- SDG 5.2 and 5.3 - Eliminating all forms of violence and harmful practices against women and girls in sport will also contribute to wider sustainable development goals.

## Learning Focus

🕒 2 mins 30 secs

- Today we will focus on dribbling and shooting a ball with our hands.
- Question: Do you think it is useful to be good at dribbling with both your right and left hands? Why?
- Answers may vary. If you are a good dribbler with both hands you will be a better basketball player. You will be able to dribble around and away from defenders more easily.

**WARM-UP** -----**5 mins**■ **If you like**

🕒 5 mins

🔧 **Setup**

- Participants spread out in the playing space.
- Ask participants questions and give them an exercise they must do if it applies to them.  
Examples below:
- If you like strawberries do 5 squats
- If you like swimming do one lap
- If you have a pet do 5 hops on one foot
- If you Have green eyes balance on one foot for five seconds
- Ask volunteers to give examples
- Try to pick things that apply to the majority so they get a good warm-up.

## SKILL LESSONS & ACTIVITIES

30 mins

### ■ Dribbling with hands cues

 Balls



- Bend knees
- Spread fingers
- Contact ball with finger pads
- Push ball downwards and absorb ball as it returns
- Keep ball at waist level
- Look up

### ■ Dribbling Free Play - Hands

 Balls

 5 mins



#### Setup

- Give each participant a ball and have them spread out.
- Allow participants time to dribble their ball in various ways to get used to the movement.

**■ Can You Dribble?** Balls 5 mins **Setup**

- Give each participant a ball and they find their own safe space. You stand in the middle with a ball.
  
- Ask the participants if they can dribble with one hand in certain ways and demonstrate as needed. Some examples include:
  - Can you dribble the ball high?
  - Can you dribble the ball low?
  - Can you dribbling the ball medium?
  - Can you dribble the ball slow?
  - Can you dribble the ball fast?

## ■ Dribble Weave Relay

 Balls, Cones

 5 mins

### Setup



- Place participants into groups that provide maximum movement and participation and line them up on the end line. Give each participant a ball.
- Place about 6 cones or poly spots in a line in front of each group with about a couple feet in between cones or poly spots. Stress that this is not a race.

- The first person in each line dribbles forward and weaves in and out of the cones or poly spots to the other end line and back. Then the next person in line goes. While the participants are waiting for their turn, they can dribble back and forth on the spot to increase movement.
- Continue for an allotted time period. You can challenge the participants to go a little faster as they become more comfortable.

## ■ Basketball shooting cues



- Eyes on target
- Bend knees
- Balance ball in shooting hand with other hand on side as a guide
- Straighten knees and elbows
- Snap wrist
- Follow through

## ■ Basketball Shooting Practice

 Balls, Hoops, Tape, Target

 5 mins

### Setup

- Place various shooting targets around the space and at different heights (ex: tape squares on wall, hang hoops from nets, lower basketball nets).
- Give each participant a developmentally appropriate ball.



- Demonstrate how to shoot a basketball (cues below)
- Allow time for students to move around the gym trying to shoot their ball into the various targets.
- You may wish to give them a time limit and ask them to count how many targets they hit within that time frame.

### Cues

Basketball Shooting:

- Eyes on target
- Bend knees
- Balance ball in shooting hand with other hand on side as a guide
- Straighten knees and elbows
- Snap wrist
- Follow through

**■ Basketball beanbag Bonanza** Balls, Beanbags, Hoops 10 mins **Setup**

- Split the class into teams and place a team at each hoop. This is their home base.
- Give each team a hula hoop with 10 beanbags in it and place it to the side of the basketball net. If you don't have hula hoops use taped or drawn circles. If you don't have beanbags use rolled up socks or paper balls.
- Each participants has a ball.
- Place two pylons at each net. One closer to the net and one further away.

 **Safety**

- Students are not to defend shots.
- When returning to home base be sure to stay away form ball being shot.

**Instructions**

- On the signal, everyone goes to a basketball hoop.
- Participants choose a pylon to shoot from and line up as only one person can shoot at a time.
- If you score from the closest pylon you take one beanbag from that net's hula hoop. If you score from the furthest pylon you take two beanbags and return them to your home base hula hoop.
- After several minutes of play stop the game and allow teams to return to their home base to count the number of beanbags they have.
- The team with the most beanbags wins.

## COOL-DOWN

7 mins 30 secs

### ■ Muscle Mix-up

🕒 5 mins



- Participants walk around in general space.
- Leader yells out different body parts.
- When they hear a body part they must stop and perform a stretch to said body part for 30 seconds then continue walking.
- Leader will give a demonstration or cue if needed.

### 💬 Debrief

🕒 2 mins 30 secs

- Question: Was it harder to dribble with your right or left hand?
- Answers will vary. Non-dominant hand is usually more difficult.
- Question: What was your favourite game today?
- Answers will vary.
- If you had difficulty with the skills today, don't give up. The more you practice the better you will become.