



# FITNESS CHALLENGE

March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Dribble in Place (30 seconds) 7 Jump Shots	2 10 Side Slides 30 Line Drills
3 Speed Dribble (30 seconds) 360 Turn & Dunk (x5)	4 Quick Feet (30 seconds) 8 Quarter Turns	5 Dribble in Place (30 seconds) 7 Jump Shots	6 BASKETBALL TASK CARD 1	7 12 Side Slides 30 Line Drills	8 Speed Dribble (30 seconds) 360 Turn & Dunk (x5)	9 Quick Feet (30 seconds) 8 Quarter Turns
10 Dribble in Place (40 seconds) 10 Jump Shots	11 15 Side Slides 35 Line Drills	12 Speed Dribble (40 seconds) 360 Turn & Dunk (x10)	BASKETBALL TASK CARD 2	14 Quick Feet (40 seconds) 10 Quarter Turns	15 Dribble in Place (40 seconds) 10 Jump Shots	16 15 Side Slides 35 Line Drills
17 Speed Dribble (50 seconds) 360 Turn & Dunk (x10)	18 Quick Feet (40 seconds) 10 Quarter Turns	19 MARCH MADNESS BEGINS Dribble in Place (50 seconds) 12 Jump Shots	BASKETBALL TASK CARD 1	21 18 Side Slides 40 Line Drills	22 Speed Dribble (50 seconds) 360 Turn & Dunk (x10)	23 Quick Feet (40 seconds) 12 Quarter Turns
24 Dribble in Place (60 seconds) 15 Jump Shots	25 20 Side Slides 40 Line Drills	26 Speed Dribble (60 seconds) 360 Turn & Dunk (x15)	BASKETBALL TASK CARD 2	28 Quick Feet (50 seconds) 14 Quarter Turns	29 Dribble in Place (60 seconds) 15 Jump Shots	30 20 Side Slides 40 Line Drills

## Basketball Themed Calendar for March

Keep students active and practicing various basketball activities during the month of March! Great for both PE and afterschool. Encourage students to take this home and get their family and friends involved!



Refer to the Basketball Task Cards on Page 2



For Dribbling and Quarter Turns, repeat for each hand/side

Find the visuals for each fitness activity below.

Special thanks to:



Visit [www.healthiergeneration.org](http://www.healthiergeneration.org) for more ideas on how to inspire a healthy, active lifestyle.

## TASK CARDS

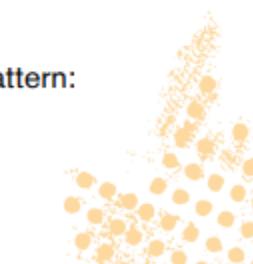
1

### BASKETBALL

*Equipment Needed:*

1 ball for each student

- Dribble with right hand: 8 times
- Dribble with left hand: 8 times
- Dribble alternating hands: 5 each hand
- Dribble in a straight line: 10 steps
- Dribble zig-zag pattern: 10 steps



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## TASK CARDS

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### BASKETBALL

*Equipment Needed:*

1 ball for each student

- Basketball around head: 5 times
- Basketball around waist: 7 times
- Basketball around knees: 9 times
- Basketball around body: 11 times
- Figure eight around legs: 3 times



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[Source: PA Task Cards](#)

## FITNESS BREAKS SLAM DUNK



### Dribble IN PLACE

To dribble, push the ball down by spreading the fingers and flexing the wrist. Keep legs flexed and back straight.

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## FITNESS BREAKS SLAM DUNK



### Jump SHOT

Pretend to hold the ball with one hand under the ball and the other on the side. Jump straight up. Release the ball before the top of your jump, forcing the ball up and forward with one hand. Follow through like you are reaching into a cookie jar on the top shelf.

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[Source: Fitness Trail Stations](#)

## FITNESS BREAKS MVP

### QUICK Feet



Start with feet shoulder-width apart and knees bent in defensive position. Pick up and put down feet as quickly as possible.

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## FITNESS BREAKS MVP

### QUARTER Turns



While performing "quick feet," jump slightly and rotate both feet to the right, return to center. Quick feet, jump slightly and land with both feet rotated to the left.

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[Source: Fitness Trail Stations](#)

## FITNESS BREAKS SLAM DUNK



### SPEED Dribble

Pretend to push the ball down by spreading the fingers and flexing the wrist in double time. Keep legs flexed and back straight.

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## FITNESS BREAKS SLAM DUNK



### 360 TURN AND Dunk

Jump up with hands overhead, spin in the air and slam the ball down through the hoop.

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[Source: Fitness Trail Stations](#)

## FITNESS BREAKS MVP

### SIDE Slides



Start in defensive position. Step towards the left with the left foot; follow by bringing the right foot closer to the left foot. *Repeat.* Step towards the right with the right foot; follow by bringing the left foot closer to the right foot. *Repeat.*

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## FITNESS BREAKS OVERTIME

### LINE Drill



With toes on line, step over, over, back, back. *Repeat 30 times.* Switch to lead with the other foot. *Repeat 30 times.* With one foot in front of the line and the other behind, jump and switch feet (scissors). *Repeat 30 times and switch lead foot.* With both feet parallel, jump over and back. *Repeat 30 times.*

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[Source: Fitness Trail Stations](#)