

101 
FUN 
PE GAMES

**BASKETBALL
GAMES**

FOCUS



ENDURANCE



GROSS MOTOR



FINE MOTOR

GROUP SIZE

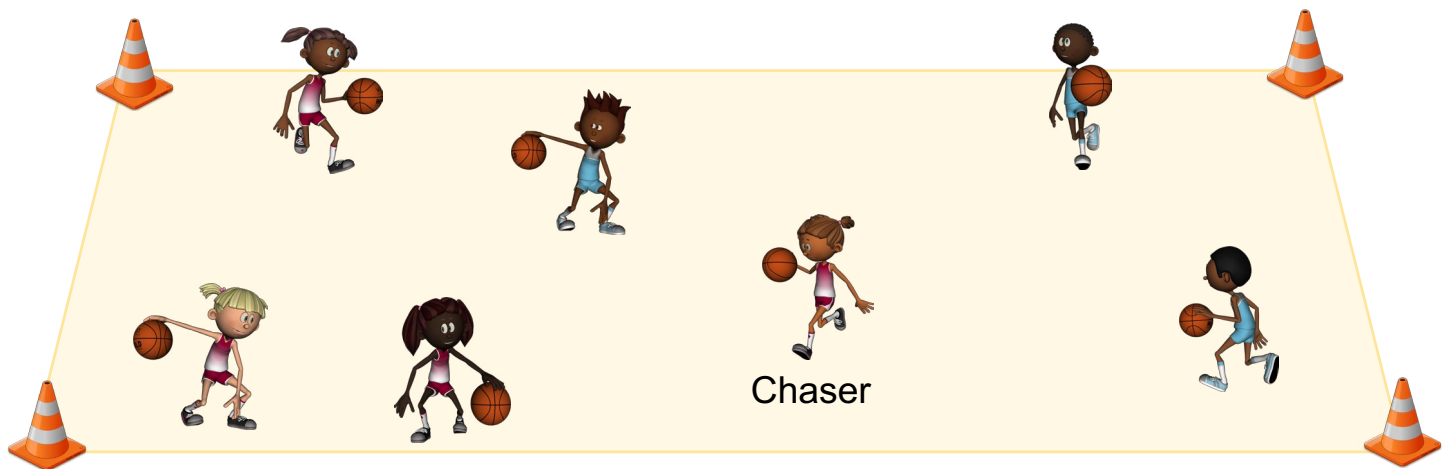


EQUIPMENT

4 cones, 1 basketball for each child

SETUP

Set up cones in the corners of the room so the children know the boundaries. Spread children out throughout the room and give each child a basketball. Designate one child to start as the chaser.



INSTRUCTIONS

1. On 'go' the chaser will run around the room chasing the other children.
2. The only way the children can move about the room is to dribble a basketball. They may stop and rest when needed, but must dribble to move.
3. If the chaser tags another child, they must stop where they get tagged and free themselves by dribbling in their spot 20 times. Once they complete that task, they are free to join the game again.
4. Rotate the chaser every few minutes.

MAKE IT EASIER

- Younger children can dribble the ball, catch it, then dribble it again if they have difficulty with normal dribbling.

MAKE IT HARDER

- Add multiple chasers. Decrease the size of the play area.

FOCUS



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GROUP SIZE

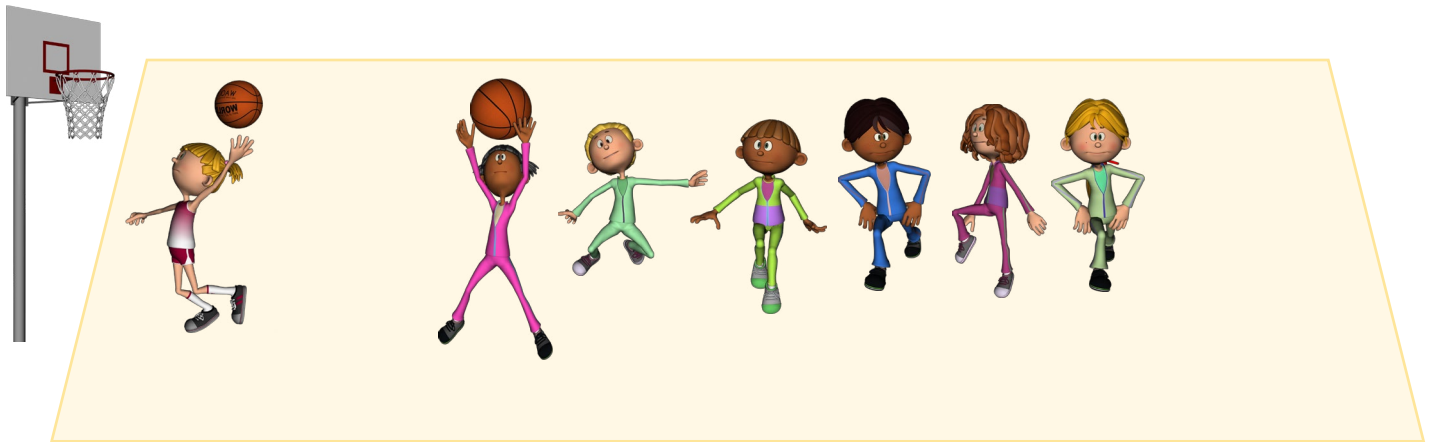


EQUIPMENT

1 basketball hoop,
1 basketball

SETUP

Have the students make 1 line behind a foul line. Give the first 2 children in line a ball.



INSTRUCTIONS

1. On 'go' the first child in line shoots from the foul line with the objective of making a basket before the child in line behind them sinks a basket.
2. If the first child misses their foul shot, they can retrieve the ball and now shoot a layup as the next child must now shoot a foul shot, following the same pattern of shooting a layup if they miss their first shot.
3. If the initial child makes a basket first, they retrieve the ball and give it to the next child in line without a ball. If they do not make the basket first, they are out.
4. The last child left wins.

MAKE IT EASIER

- Shoot from a spot directly in front of the basket

MAKE IT HARDER

- Move the first shot out past the foul line, to the corners, or behind the 3-point line

FOCUS



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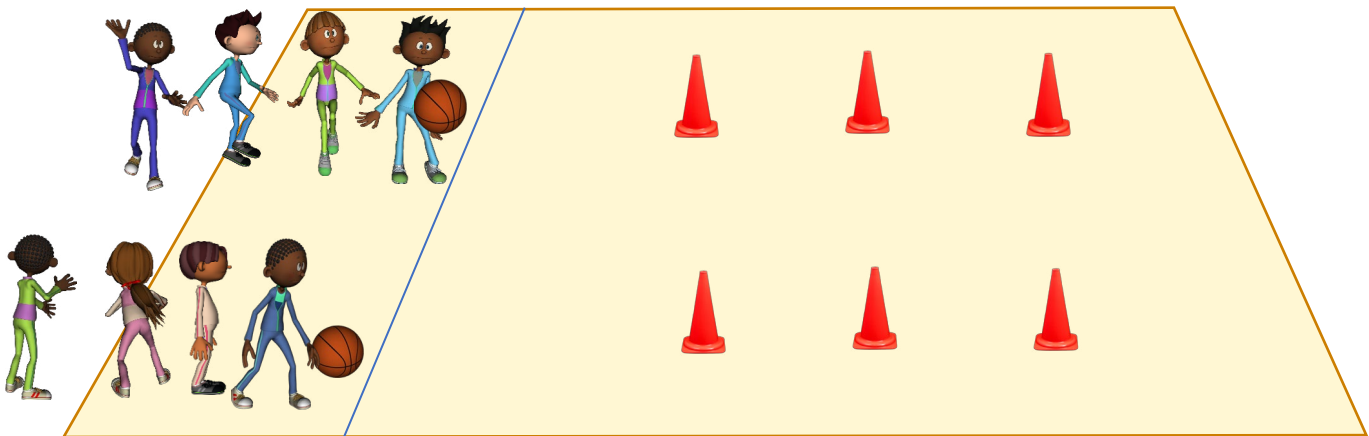


EQUIPMENT

basketballs, cones

SETUP

You can do this in teams or have the kids compete against each other individually. Each team lines up in a relay race format, starting on the baseline. The child at the start line holds a basketball. Place 3 cones about 5 feet apart in front of each team.



INSTRUCTIONS

1. On the instructor's signal, the first kid must dribble the ball between the cones in a figure-8 format.
2. When they get to the last cone, they must go around it and come back to the start line in the same format using figure-8's to dribble in and out of the cones.
3. When they get back to the start line, they must hand the ball off to the next child in line.
4. The next child must follow this same pattern. The first team to finish wins the race.

MAKE IT EASIER

- Use 2 cones instead of 3 cones and allow them to use only one hand to dribble

MAKE IT HARDER

- Use 4 or 5 cones and have them dribble with the right hand in one direction, but the left hand coming back

FOCUS



TEAMWORK



GROSS MOTOR



FINE MOTOR

GROUP SIZE

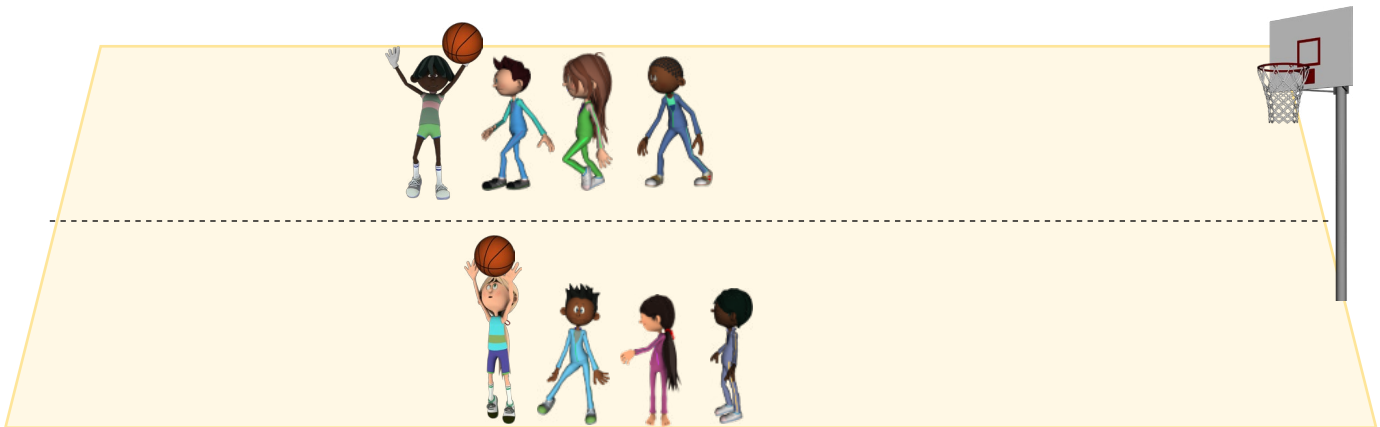


EQUIPMENT

2 basketballs

SETUP

Set up the children in 2 relay race lines. They should start at one end of the room with their backs facing the basket. Each team will line up using half of the room (horizontally) as shown in the picture below.



INSTRUCTIONS

1. On 'go' the first student in line must pass the basketball over their head to the next child in line, who takes the ball and now passes it between their legs to the student behind them.
2. Whenever they pass the ball to the next child, they must run to the end of their line as the ball will eventually be passed again to them. This is the way their team travels towards the basket at the other end of the room.
3. If the ball drops while passing, the whole team must run back to start line and begin the process again. Once the team gets close enough to the basket, one child will attempt to shoot the ball. If they make the basket first, they win the race. If they miss, the team must run back to the start line and begin again. The first team to make a basket wins the race.

MAKE IT EASIER

- Have the children perform this task going in a straight line from point A to point B.

MAKE IT HARDER

- Create difficult shapes for the line to follow going from point A to point B. For example, their line must follow a pattern of a square instead of a simple straight line.

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ENDURANCE



GROSS MOTOR



FINE MOTOR

GROUP SIZE

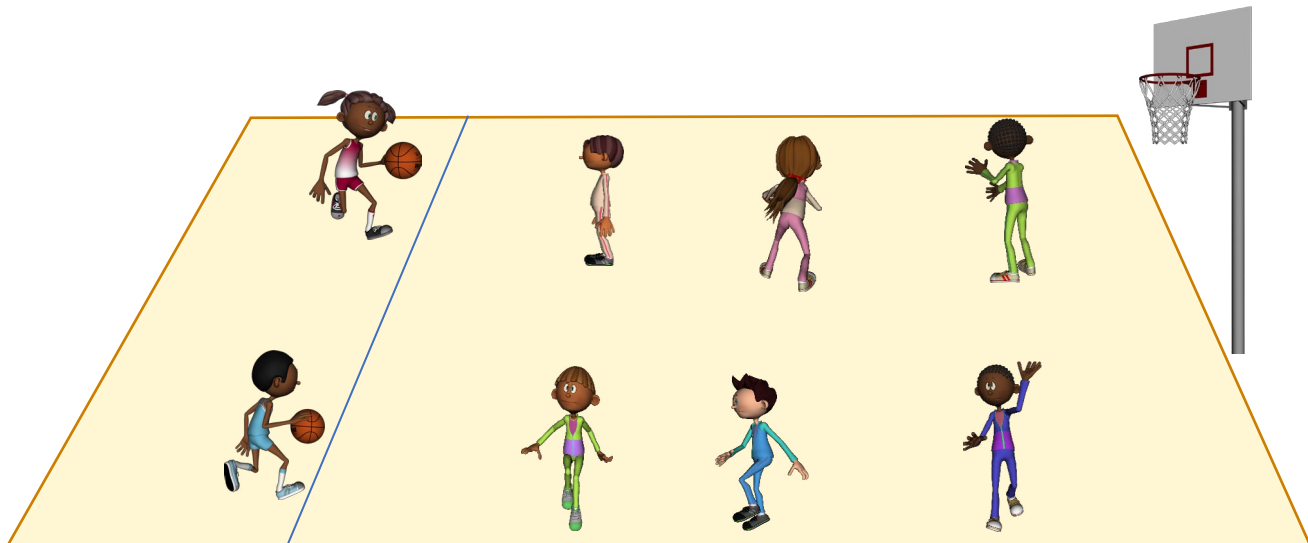


EQUIPMENT

basketballs, basketball hoop

SETUP

Split your kids up into 2 teams. Each team sets up in a line that stretches out from the center line to the baseline of the court. The kid at the center line holds a basketball.



INSTRUCTIONS

1. On the instructor's signal, the first kid passes the ball to the next kid in line. This pattern continues until the last kid in line gets the ball.
2. When the last kid gets the ball, they turn and shoot a layup. When they make a shot or take 3 shots (whichever happens first), the line rotates.
3. When they rotate, the child who just shot runs with the ball to the start line and all the other children move up one spot in line towards the basket.
4. The first team to have all children make a basket wins that race.

MAKE IT EASIER

- Lower the basket, or consider eliminating the shot and just make it a dribble relay

MAKE IT HARDER

- Students must make it two baskets or take 6 shots, whichever happens first

FOCUS



ENDURANCE



GROSS MOTOR



FINE MOTOR

GROUP SIZE



EQUIPMENT

20 bowling pins, a basketball for each child, music

SETUP

Spread out bowling pins all around your room. Give each child in the class a basketball. Have music ready to play.



INSTRUCTIONS

1. When the music begins, the children must start to dribble their basketball all around the room.
2. When the music stops, they must stop dribbling. Continue following this pattern.
3. If a child loses control of the ball while dribbling, they must stop and do 10 jumping jacks.
4. If a child accidentally knocks over a pin, they must pick it up but also do 10 jumping jacks.

MAKE IT EASIER

- Allow children to dribble more with their dominant hand.

MAKE IT HARDER

- Play specific rounds of this game where the children can only dribble with their non-dominant hand.

FOCUS



ENDURANCE



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FINE MOTOR

GROUP SIZE

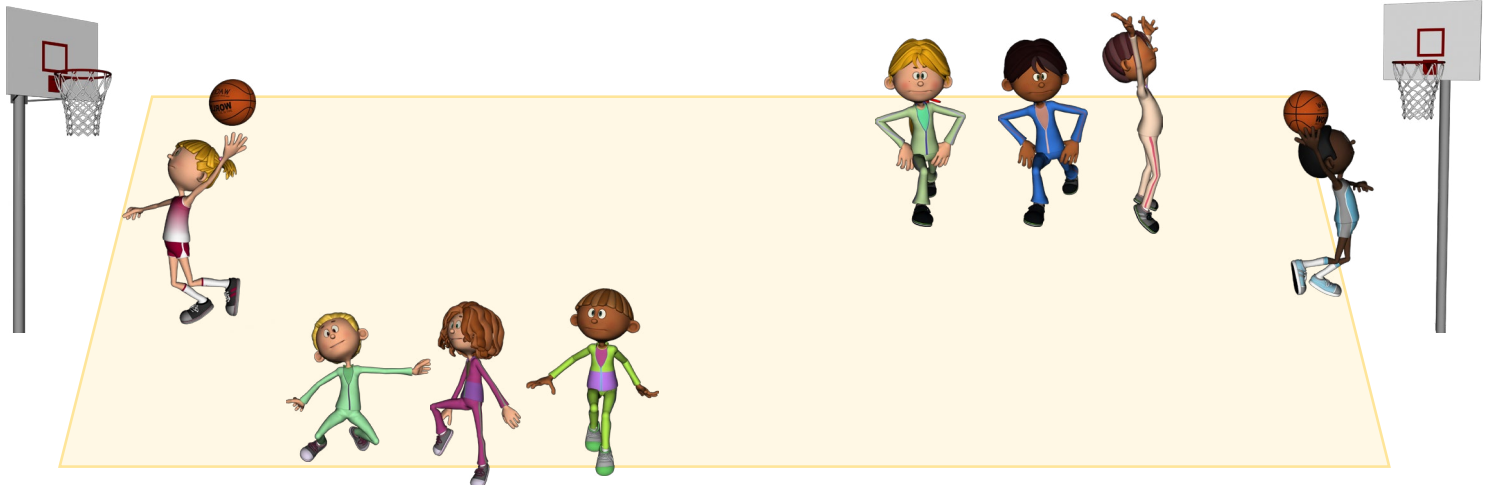


EQUIPMENT

2 basketball hoops,
2 basketballs

SETUP

Divide your class into 2 even teams that form a line at each basket. Give the first child in line a basketball.



INSTRUCTIONS

1. On 'go' the first child in line shoots a layup.
2. Whether they make it or miss it, they retrieve the ball, hand it to the next child in line, then go to the end of the line waiting for their turn to come again.
3. After 5 minutes, see which team made the most baskets.
4. Mix up the students and proceed to do the contest again with new teams.

MAKE IT EASIER

- If your baskets allow for it, lower them.

MAKE IT HARDER

- Have players shoot from the left side instead of the right side.

FOCUS



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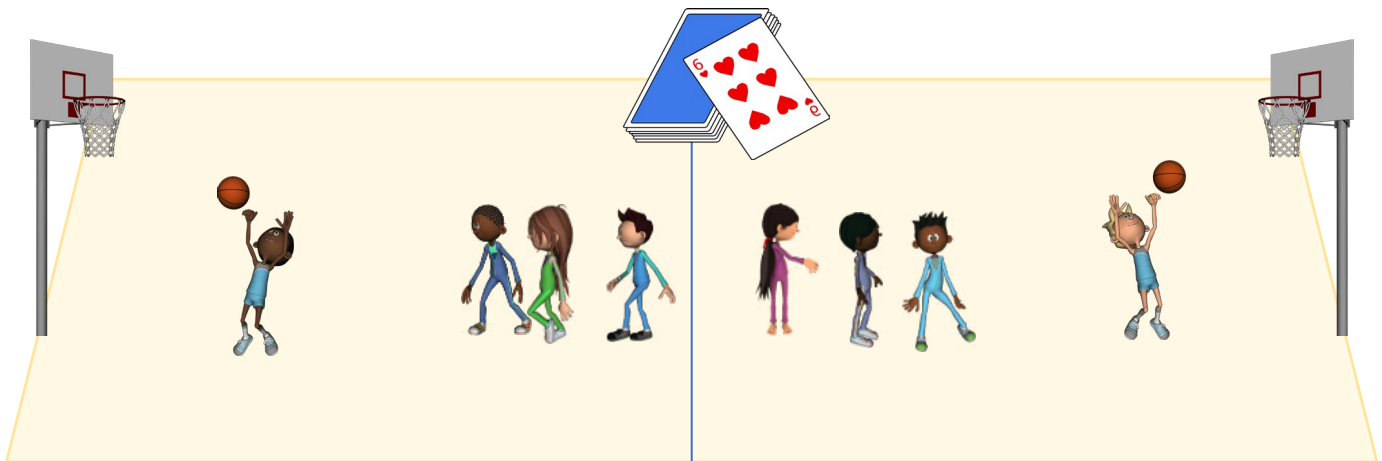


EQUIPMENT

2 basketballs,
1 deck of cards

SETUP

Divide the class into 2 teams and place them in a single file line on both ends of your room, facing a basket. Give the first child in each line a basketball. The teacher will be in the middle of the room holding a regular deck of playing cards.



INSTRUCTIONS

1. When ready, the teacher will shuffle a deck of cards and then show the class the first card in the deck. A picture card (jack, queen or king) counts as a 10.
2. When the first card is shown, the children on each team must make that number of baskets before the other team. For example, if the number 6 card is drawn, both teams must try to make 6 baskets before the other team.
3. If the ace of spades is drawn, it's a sudden-death competition - first basket wins.
4. As soon as the number is revealed, the first child shoots the ball at their basket. Whether the shot is made or missed, the shooter must retrieve the ball and give it to the next child in line who follows the same pattern. This continues until one team makes the shown number of baskets before the other team.
5. The teacher will now draw another card to start the process over again.

MAKE IT EASIER

- Lower the basket to 8 or 9 feet instead of the regular 10-foot height and allow the students to shoot the ball from a close range.

MAKE IT HARDER

- Keep the basket at 10 feet and have the children shoot from further away.

FOCUS



ENDURANCE



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GROUP SIZE

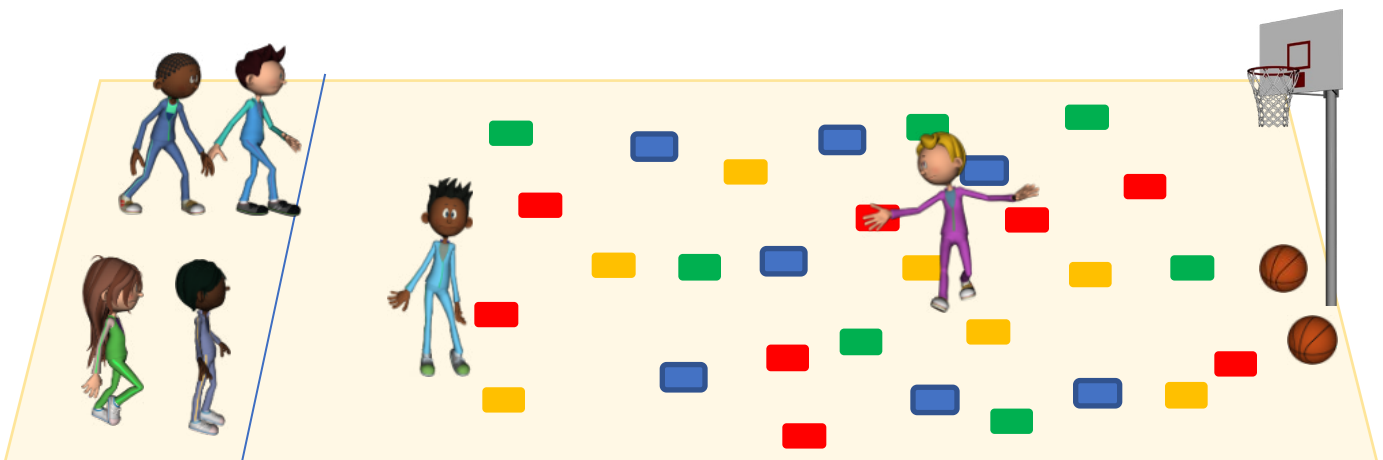


EQUIPMENT

40 bean bags,
2 basketballs, 1 hoop

SETUP

You can do this in teams or have the kids compete against each other individually. Lay out bean bags all over your room. Place 2 basketballs under the hoop at one end of your room.



INSTRUCTIONS

1. Line the teams up single file behind a starting line.
2. On 'go' the first child from each team must pick up 10 bean bags. Each bean bag counts as a 'clock' second to simulate a 10-second countdown. They can hold all 10 bean bags in their hand or the teacher can give them a bag to place them in.
3. Once they collect all 10 bags, they can drop the bags and run to the hoop. They now have 10 seconds to make a buzzer beater basket.
4. If they score, they get a point. After the 10 seconds elapse for each kid, replace the bean bags and start again with the next 2 kids.

MAKE IT EASIER

- Use smaller or lighter balls to shoot at the basket and lower the height of the basket.

MAKE IT HARDER

- Use a regulation basketball to shoot as well as keeping the basket at the 10-foot height.