

Kings & Queens Basketball

A small-sided skill practice activity designed to get students engaged in shooting a basketball.

Standard Aligned:

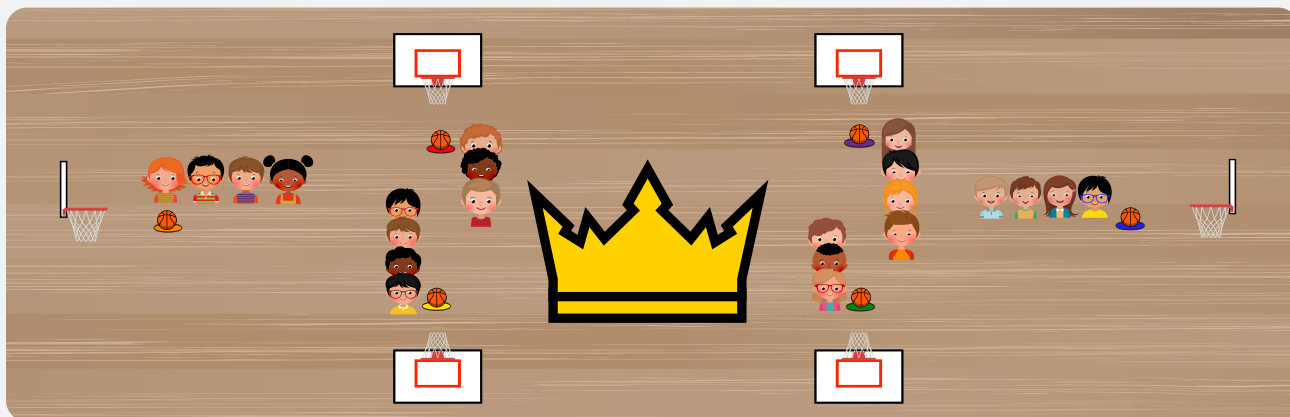
- **PREK-2** 1.2.6: Demonstrates bouncing a ball in a variety of non-dynamic practice tasks.
- **3-5** 1.5.19: Demonstrates dribbling with hands in non-dynamic and dynamic practice tasks.
- **3-5:** 1.5.17 Demonstrates sending and receiving an object in a variety of practice tasks.

Equipment:

- Basketballs or playground balls (1 per student or 1-2 per group)
- Basketball hoops
- Music or other signal you use to start and stop class



Game Set Up: Divide students into groups (1 group at each hoop). Students form a line at their hoop. Every student can use their own ball or have 1-2 balls per group.



Directions:

1. On the signal, groups begin shooting at their hoops. After a student shoots, they should retrieve their ball, and go to the end of the line. (If playing with 1-2 balls, give it to the next player in line and go to the end of the line.)
2. If a student makes a shot, that counts as 1 point for their team.
3. Once a team has scored 5 points total, they go to middle circle (center court) called the “royal court” and practice dribbling. They are now the Kings & Queens of the Court.
4. Once another team reaches 5 points, they come to the middle and knock out the previous team becoming the new Kings & Queens of The Court.
5. Play continues until the song is over/or time is up. Whichever team is in the Royal Court (middle circle) when the game ends is the winner.

Best Practices:

- Modify the number of points required to win. (5 works well for 3rd-5th graders).
- After each game, create new groups to get students playing with a variety of different players with varied ability levels instead of always going with their best friends or grouping the most skilled players together.
- Lower the height of the hoop (if possible) or hang a hula hoop over the rim as a target for younger or less skilled students to be successful.
- Elbows might be pointed outwards (along with using both hands) which is developmentally normal for younger students.