

# Basketball Shuttle Run

**Grade Level:** 4 - 6

**Skills:** Dribbling, changing directions, starting/stopping, decision making and following directions

**Objective:** **Standard 6.HD.2:** Explain the importance of practicing behaviors that maintain good hygiene.

**Equipment:** One basketball per two students and a half cone or a deck ring to hold the balls while students are running.

**Organization:** Students pair up and stand at opposite ends of the basketball court. The center line of the court is where the half cones are evenly spaced and a basketball is placed atop them.

**Activity:** Upon "GO" the students run to the mid-line and touch it with their toe, they pivot and return to the end line and touch this line with their toe. Students pivot again and run towards the mid-line. The student arriving first picks up a basketball and pivots again towards their original end line. Their objective now is to attempt an acceptable shot. An acceptable shot is generally ten feet or closer, the closer you get, the higher the percentage you have of successfully making a shot. The person who does not get to the ball first becomes a defensive player and races to disrupt their partners shot. Normal basketball rules apply here, no traveling, no fouling, etc. The turn is over when one shot is attempted (made or missed) or the defensive player is successful (blocking a shot, stealing the ball etc.). Players return the ball to the mid-line and rotate one position to their right, thereby obtaining a new partner. Players on the far right simply go to the opposite end of their respective end line. When they are ready, start the activity again.

**Closure:** What is a definition of good hygiene?

What are some things you can do everyday to improve your hygiene?