



FITNESS CHALLENGE

March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Speed Dribble (20 seconds) 360 Turn & Dunk (x5)	2 Quick Feet (20 seconds) 6 Quarter Turns	3 Dribble in Place (20 seconds) 7 Jump Shots	4 BASKETBALL TASK CARD 1	5 10 Side Slides 20 Line Drills	6 Speed Dribble (20 seconds) 360 Turn & Dunk (x5)	7 Quick Feet (30 seconds) 6 Quarter Turns
8 Dribble in Place (30 seconds) 8 Jump Shots	9 12 Side Slides 30 Line Drills	10 Speed Dribble (30 seconds) 360 Turn & Dunk (x7)	11 BASKETBALL TASK CARD 1	12 Quick Feet (30 seconds) 8 Quarter Turns	13 Dribble in Place (30 seconds) 8 Jump Shots	14 12 Side Slides 30 Line Drills
15 Speed Dribble (40 seconds) 360 Turn & Dunk (x9)	16 Quick Feet (40 seconds) 10 Quarter Turns	MARCH MADNESS BEGINS 17 Dribble in Place (40 seconds) 10 Jump Shots	18 BASKETBALL TASK CARD 2	19 15 Side Slides 35 Line Drills	20 Speed Dribble (40 seconds) 360 Turn & Dunk (x9)	21 Quick Feet (40 seconds) 10 Quarter Turns
22 Dribble in Place (50 seconds) 12 Jump Shots	23 17 Side Slides 40 Line Drills	24 Speed Dribble (50 seconds) 360 Turn & Dunk (x10)	25 BASKETBALL TASK CARD 1	26 Quick Feet (40 seconds) 12 Quarter Turns	27 Dribble in Place (50 seconds) 12 Jump Shots	28 17 Side Slides 40 Line Drills
29 Speed Dribble (60 seconds) 360 Turn & Dunk (x12)	30 Quick Feet (40 seconds) 15 Quarter Turns	31 Dribble in Place (60 seconds) 15 Jump Shots				

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 for more ideas on how to inspire a healthy, active lifestyle.

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TASK CARDS

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

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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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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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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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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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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