

INDOOR BASKETBALL GAME CHALLENGE

EQUIPMENT NEEDED:

- LAUNDRY BASKET OR CARDBOARD BOX FOR THE HOOP
- ONE PAIR OF FOLDED UP SOCKS PER PLAYER
- AN ITEM TO PLACE ON THE FLOOR WHERE PLAYERS ARE SHOOTING FROM
- TIMER

SINGLE PLAYER DIRECTIONS:

- SHOOT YOUR SOCKS FROM YOUR DESIGNATED SPOT AND TRY TO GET IT INTO YOUR HOOP.
- IF YOU SCORE YOU EARN 1 POINT
- IF YOU MISS, YOU MUST RETRIEVE YOUR SOCKS AND PERFORM AN EXERCISE BEFORE YOU CAN SHOOT AGAIN (each round there is a specific exercise).
- START THE TIMER AT THE BEGINNING OF EACH ROUND, AND STOP THE TIMER ONCE YOU EARN 5 POINTS (grades k-2) 10 points (grades 3-5).
- YOU CAN PLAY 3 ROUNDS OR MORE

CHALLENGES

- TRY TO BEAT YOUR TIME EACH ROUND
- EACH ROUND MOVE YOUR SPOT FURTHER AWAY

MULTIPLAYER DIRECTIONS:

- EACH PLAYER WILL SHOOT THEIR SOCK FROM THEIR DESIGNATED SPOT AND TRY TO GET IT INTO THE HOOP.
- IF YOU SCORE YOU EARN 1 POINT. GET YOUR SOCKS OUT OF THE HOOP AND SHOOT AGAIN FROM YOUR SPOT.
- IF YOU MISS YOU MUST RETRIEVE YOUR SOCKS AND PERFORM AN EXERCISE BEFORE YOU CAN SHOOT AGAIN.
- THE FIRST PLAYER TO 5 POINTS (grades k-2) 10 POINTS (grades 3-5) WINS.
- PLAY 3 ROUNDS.

CHALLENGES:

- CHANGE YOUR SPOT EACH ROUND

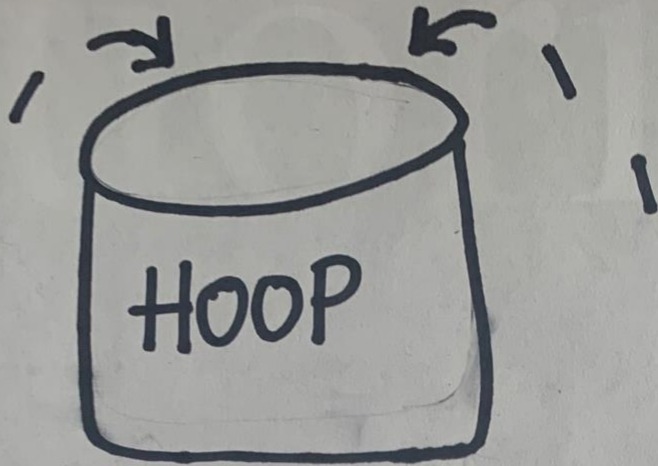
EXERCISES:

ROUND 1: 5 PUSH UPS

ROUND 2: 5 JUMPING JACKS

ROUND 3: 5 SQUATS

*PLAY MORE ROUNDS FOR FUN AND ADD IN YOUR OWN EXERCISES ☺



Shoot socks into hoop



Player 1's spot



Player 2's spot

SOCKS