

Click the pictures in each of the boxes to learn more about the lesson.

Ball Handling 1



Dribbling 1



Dribbling 2



Dribbling Cues:

Learn more about dribbling & use 10 skills to create your own ball handling & dribbling routine.



Agility: Line Jumps



LET'S GO!

Hilda Walker Physical Education

Basketball Choice Board

April 14th – April 17

Directions:

1. Complete at least 5 activities on this board.
2. You can do them any time during the week.
3. Once you are finished fill out the assessment form found at the red “click here” button:

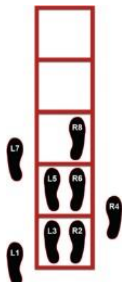


**Mr. Acevedo, Miss Crick,
Mrs. Mucha,
Mr. Radostits, & Mr. Chrusciel**

Shooting: **BEEF**: 10 min shooting practice or walk/jog

Balance
Elbow
Eyes
Follow-through

Agility: Ladder



Shooting Game: 1-2 Shooting



Agility: 8 min Agility



Agility: Stretches and Exercises



Shooting Game:

“7”



3 Minute Timed Shooting



You should be able to: name **dribbling cues**, know what **BEEF** stands for, & define **agility**.