

# Physical Education GYM BLAST

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**Just the Rock, No Paper, No Scissors**

## 1. Dribble Mania

☐ Agility ☐ Coordination ☐ Balance ☐ Speed ☐ Reaction Time ☐ Power  
☐ Cardiorespiratory ☐ Flexibility ☐ Anaerobic ☐ Strength ☐ Endurance

## 2. Layup Marathon

☐ Agility ☐ Coordination ☐ Balance ☐ Speed ☐ Reaction Time ☐ Power  
☐ Cardiorespiratory ☐ Flexibility ☐ Anaerobic ☐ Strength ☐ Endurance

## 3. Bump

☐ Agility ☐ Coordination ☐ Balance ☐ Speed ☐ Reaction Time ☐ Power  
☐ Cardiorespiratory ☐ Flexibility ☐ Anaerobic ☐ Strength ☐ Endurance

# Just the Rock, No Paper, No Scissors

## 1. Dribble Mania

Equipment: Ball for each student, cones, music with 60 seconds on and 25 seconds off.

Divide into three equal groups.

Group One: Dribble from end line to endline and repeat for duration of interval

Group Two: Cones set at 45 degree angles. Students dribble to cones and crossover or spin or between legs or behind back depending on skill level

Group Three: Cones in straight line. Students crossover at each cone.

Students dribble straight back to start and go again duration music interval. All students should be moving at the same time. Start the students at different cones depending on size of class. During interval you can do core exercises using the ball. Switch lines for each music interval. Do each line twice.

## 2. Layup Marathon

Equipment: Ball for each student, baskets (need side baskets), Music with 60 seconds on and 25 off

Start at centre circle and face out. Do a layup at basket they are facing. Dribble back to circle and touch circle and dribble to next basket moving clockwise. When music stops all students can do assigned core activity.

## 3. Bump

Equipment: Two balls per basket in use.

Teams line up single file at a basket (6-8 students). First two in line have a ball. First player shoots and if scored rebounds the ball and passes ball back to player who is third in line. If shot is missed then must get rebound and score as quickly as possible. As soon as the player in front shoots then the next player in line can shoot. If the player behind scores first then the player ahead is "bumped" out of the game. They can then go to another game in progress.

