

Name/Title: Basketball Warm-Ups

Suggested Grade Level: 6th and Up

Materials Needed: Masking tape, task cards that explain each warm-up, each student should have 1 ball for individual warm-ups or each partner group should have 1 ball for partner warm-ups

Description of Idea

Create stations by posting the task cards on the gymnasium walls with masking tape. Distribute the balls equally among the stations. For example, if you have 30 students and five stations, place 6 balls at each station for the individual warm-up or place 3 balls at each station for the partner warm-up.

On the teacher's "GO" signal, have each student or partner group find a ball at a station and begin to perform the activity described on the task card for 30-45 seconds. On the teacher's "STOP" signal, the students take their ball, go to the next station, and begin to perform the next activity described on the task card for 30-45 seconds. Continue to rotate stations until all students have gone to each station once. Descriptions of the individual and partner ball warm-ups are listed below.

Individual Ball Warm-Ups:

Hamstring-Tricep Extensions: Stand up and hold the ball with both hands. Bending at the waist, hold the ball between your feet and hold this position for 3 counts. Then extend both arms straight overhead and hold this position for 3 counts. Repeat this movement sequence until you hear the teacher's "STOP" signal. Remember, keep your knees slightly bent and perform the sequence in a slow fluid motion.

Sit-Ups: Get into the sit-up position and hold the ball against your chest with both hands. Perform sit-ups and see how close or how many times you can get the ball to your knees.

Ball Push-Ups: Get into the push-up or modified push-up position. Place the ball so each time you go down during a push-up, your chest touches the ball. See how close or how many times you can touch the ball.

Ball Taps: Get into the push-up or modified push-up position, but use only one arm to support your upper body. With the free hand, dribble (tap) the ball while in this position. See how long you can dribble the ball without stopping. Try alternating hands.

Ball Straddle Stretch: Sit down on the floor in a straddle position (legs spread apart in a "V" formation). With both hands, roll the ball around each foot, along the outer side of your leg, behind the back, along the other leg, and back around the feet. Remember, keep your knees

slightly bent, perform the sequence in a slow fluid motion, and change directions.

Partner Ball Warm-Ups:

Partner Sit-Ups: Get into the sit-up position facing your partner and toes touching. One student holds the ball against his/her chest with both hands and then both students perform sit-ups at the same time. When the students are in the "UP" position of the sit-up, the student with the ball extends both arms toward his/her partner, while the partner also extends both arms to grab hold of the ball. Repeat this movement sequence, handing off the ball each time.

Partner Straddle Stretch: Sit down on the floor in a straddle position (legs spread apart in a "V" formation) facing your partner and touching toes. With both hands, the student with the ball rolls the ball behind the back, along the outside leg, and up to the feet. The other partner then rolls the ball along the outer side of his/her leg, behind the back, along the other leg, and back to the feet where the other partner then continues to roll the ball. Remember, keep your knees slightly bent, perform the sequence in a slow fluid motion, and change directions.

Back to Back Figure 8: Stand back to back with your partner and then each of you take a half step forward. Have one student hold the ball with both hands. At the same time both students will twist their waists to the left. The student with the ball will hand it off to his/her partner. Both students will then twist their waists to the right and then hand off the ball again. Repeat this movement sequence, handing off the ball each time. Remember, keep your knees slightly bent, perform the sequence in a slow fluid motion, and change directions.

Over and Under: Stand back to back with your partner. The student holding the ball extends both arms straight overhead while the other student extends both arms straight overhead to grab hold of the ball. The student who has the ball now, bends at the waist and extends both arms between his/her legs while the other student extends both arms to grab hold of the ball. Repeat this movement sequence. Remember, keep your knees slightly bent, perform the sequence in a slow fluid motion, and change directions.

Partner Ball Taps: Facing your partner, get into the push-up or modified push-up position, but use only one arm to support your upper body. With the free hand, dribble (tap) the ball while in this position. See how long you and your partner can dribble the ball back and forth without stopping. Try alternating hands.

Teaching Suggestions:

Demonstrate each task and the correct rotation before letting the students perform the stations.

Have students dribble with their hands or dribble with their feet to the next station.

Use music as your stop and go signals.

Have students create other individual and partner warm-up stations.

Laminate the tasks cards.

Submitted by **Sharon Welch** who teaches at Potowmack Elementary School in Sterling , VA . Thanks for contributing to PE Central! **Posted on PEC: 3/10/2001.**

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