

Basketball

(Choose as many activities that you are able to do)

Submit scores on specialolympicsri.org

Equipment Needed

Ball (any kind)

Basketball Hoop (any height)

Stop watch or time keeping device

3 Cones or something to use as markers (Ex: rocks, toilet paper rolls, etc.)

*(If you don't have a basketball hoop you can use something in your yard to shoot over such as a pool noodle or branch.
In the video we use a laundry basket.)*

<u>EVENT</u>	<u>EVENT DESCRIPTION</u>	<u>SCORE</u>
#1 Dribbling How many times can you dribble a ball in place for 30 seconds?	You can do this standing, sitting, kneeling, in a chair or on the floor	<input type="text"/>
<hr/>		
#2 Lay Ups How many lay ups can you make in 20 attempts? 10 on the right side 10 on the left side	You can do this moving, sitting or kneeling	<input type="text"/> <input type="text"/>
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#3 Free Throws How many free throws can you make in 20 attempts?	Measure 15 feet from the basket with either a measuring stick or 5 large steps and mark a free throw line with cones or other objects. You can do this standing, sitting or kneeling	<input type="text"/>

#4 Three Pointers

How many three pointers can you make in 20 attempts?

Measure 20 feet from the basket with either a measuring stick or 7 steps and mark a shooting circle with cones or other objects.

You can do this standing, sitting or kneeling

#5 Push Ups

How many push ups can you do in 30 seconds?

You can do the push ups in any modification that works for you.

You can do a standard push up, a push up from your knees, or a wall push up. If you are in a wheelchair, have a partner work with you and push them back as many times as possible.

#6 Sit Ups

How many sit ups can you do in 30 seconds?

You can do the sit ups in any modification that works for you.

You can do a full sit up, a bended knee crunch or a seated leg lift. If you are in a wheelchair, try to do toe touches and/or boxer punches.

#7 10m Sprints

How many 10m sprints can you complete in 30 seconds?

Measure 10m with a measuring stick or 12 large steps.

You will need 2 cones, one for your start line and one for your end line. If you don't have cones use anything that you have on hand to mark your start and end (Ex: a rock, toilet paper roll, etc.)

Go as fast as you can cone to cone for 30 seconds. Each lap counts as 1 point.

You can run, walk, jog or propel for this exercise at the basketball court, in your yard, on a sidewalk or any open space.