

Buzzer Beaters

HOME 86 00:01 GUEST 86
 POSSESSION ○ PERIOD 4 POSSESSION ○

SPARK™
 Home Play
 BASKETBALL

2pts.

Play HORSE with a friend.

2pts.

Make 20 Lay-ups.

2pts.

Throw the ball up on the backboard and rim and practice rebounding for 10 minutes.

2pts.

Go to <http://www.hoophall.com/history/history.htm> and read about the history of basketball.

2pts.

Make 15 shots from different parts of the court.

2pts.

Practice all the different pass for 15 minutes.

3pts.

Get a couple of friends and create a 3-minute routine that could be performed for the Harlem Globetrotters. Go to <http://www.harlemglobetrotters.com> for some cool ideas.

3pts.

Play 1-on-1 with a friend for 30 minutes.

Play PIG with a friend.

1pt.

Make 5 free throws.

1pt.

Play Around the World.

1pt.

3pts.

Create a poster. Focus on a specific message telling why playing helps you be healthy. Make it colorful and attractive. Display your finished artwork.

3pts.

Basketball has evolved since Naismith invented it. Imagine the game in the year 2040. Write a futuristic story about what basketball will look like then.

Chalk Talk – The object is to score exactly 21 points; no more, no less. Do any of the challenges above to “beat the buzzer” at the end of the big game. Tally the points earned in the scoreboard below. For some you will need a basketball hoop. If you don’t have one, ask a grown-up to take you to the nearest park or gym. Other buzzer beaters can be done in your driveway or on the sidewalk. Now, go get some exercise, make healthy choices and win this game for the team! Go Buzzer Beater!”

GRADES 3-6

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21

Some Things You Really Must Know

* Who Started It?

"The invention of basketball was not an accident. It was developed to meet a need. Those boys simply would not play, Drop-The-Handkerchief." - James Naismith

Dr. James Naismith, a physical education teacher at a YMCA in Springfield, Massachusetts, is credited with inventing basketball in 1891. The original game used peach baskets as targets, and had only 13 rules. Many of these do not exist today, for example, balls out of bounds went to the first player to touch it and 3 fouls in a row meant you had to sit out. But rule #13 still stands today. The team that scores the most points is the winner!

* What Took Them so Long?

It was 10 years after basketball was first invented before someone got the bright idea to create and

install open-ended nets on the basket. Perhaps the genius was they guy who got tired of climbing up and down the ladder to manually retrieve the ball from the peach basket.

* Where There is a "Wheel" There's a Way!

Many men returned from the Second World War confined to wheelchairs, but that didn't stop them from playing basketball. By 1946 wheelchair teams had formed in Veterans' Hospitals in Boston, Chicago, Memphis, Richmond and New York. Today, wheelchair basketball has spread to more than 80 countries, has its own international governing agency and is the most popular sport at the Paralympics Games.

Rim Shots

Q – Why can't you play basketball with pigs?

A – Because they hog the ball!

Q – What is a basketball player's favorite flower?

A – Guard-enias.

Q – Why did the chicken cross the basketball court?

A – Because the referee called a fowl!

Q – Why did the basketball player go to the doctor?

A – Because she needed some shots!

Q – Why couldn't the fans hear the players?

A – The players were all wearing sneakers!

Here are some interesting websites to check out when you need a break. **REMEMBER**, halftime in basketball is only 15 minutes long, so don't sit around all day playing on the computer. You are needed on the court to be active and playing. Who else could we count on to hit the game-winning shot? Go get 'em, Champ!

http://www.ncaa.org/bbp/basketball_marketing/kids_club
NCAA Kids Club – Interactive games, video clips (demonstrating how to practice skills) and animated clips of referee signals.

<http://www.hoopshall.com>
The Official Website of the Basketball Hall of Fame.

<http://www.wbhof.com>
The Women's Basketball Hall of Fame.

<http://www.usabasketball.com/>
The Men's and Women's Olympic and National Teams.

<http://www.nwba.org/index.php>
The National Wheelchair Basketball Association.