

MARCH MADNESS CHALLENGE

GAME PLAY: Squads will begin in their corner. On the signal begin jogging around the court. At the second signal, move to their corner & perform the first task. After 1 minute, jog again. Continue alternating jogging & activities. Each activity will be performed for 1 minute. When time is called record the number of times complete on the sheet.

1. SLAM DUNK

Each person will sit on the scooter & perform a slam dunk in the trash can. 1 point scored for every successful “dunk”. Be sure to TAKE TURNS!

2. CHEST PASS

One person passes the basketball to each member of the team. Return number of successful passes & returns.

3. RUN, DRIBBLE, SHOOT

Each person is to run to first spot, pick up ball, dribble 5 times at second spot & shoot from 3rd spot into can. Record number of successful baskets

4. DEFENSIVE SHUFFLE

Each team shuffle steps down the line & back for one minute. Record the number of times you complete.

5. REFEREE'S CALL

Perform like "Follow the Leader"- each person takes a turn calling out an action for the squad to perform- ex.- squat 2x, 3 jumping jacks, etc...

6. CONE DRIBBLE

Each person will take a turn weaving & dribbling through the cones. Record the number of complete.

7. THE WAVE

This is done with all 4 squads at once! Each squad receives a point for each successful wave completed by the entire class.

SQUAD NAMES:

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MARCH MADNESS
SCORESHEET

Day 1/Day 2

1. SLAM DUNK Score: ____/____

2. CHEST PASS Score: ____/____

3. RUN, DRIBBLE, SHOOT Score: ____/____

4. DEFENSIVE SHUFFLE Score: ____/____

5. REFEREE'S CALL Score: ____/____

6. CONE DRIBBLE Score: ____/____

7. THE WAVE Score: ____/____

TOTAL: ____/____