

Basketball Sock Frenzy



OBJECTIVE: Increased heart rate, physical movement

SUPPLIES NEEDED:

- (1) basket
- (1) chair
- (1) bean bag (or clean pair of socks)
- (2) orange small cones

INSTRUCTIONS:

1. Remind youth that they need to have an open area for this activity.
2. Instruct to mark starting line with 2 small orange cones. Place them 3 steps apart.
3. Take 10 steps from the starting line and place a chair with your basket on top.
4. For this game the person will start at the starting line. Grab your bean bag and jog to the chair. Back pedal back to starting line and take a shot into the basket while balancing on one leg
5. If you miss the shot you must run and grab your bean bag and start at the starting line and repeat instructions above.
6. If you make it run and grab your bean bag and begin back at the starting line.
7. Time first round for 4 minutes to see how many points each person gets.
8. Play for as many rounds as time allows.
9. Keep track of points.

