

# Stories in Motion

## In-Class Activity Breaks

Continue each bulleted activity or set of activities for 15-30 seconds.

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### Basketball Practice

- It's time for basketball practice! First, we have to warm up. Let's do run in place for 20 seconds and then do 20 jumping jacks. Now let's stretch to the sky and then reach down to touch our toes.
- Let's start by dribbling. Start with your right hand and then dribble in a circle. Then switch over to your left hand and dribble in a circle. Now try dribbling through your legs.
- Next throw a chest pass and then begin to shuffle side to side. Put some power into it! After you move to the right for a little while, switch directions. Don't stop shuffling and make sure to catch every pass!
- Let's practice shooting the ball. Dribble the ball as you walk to the free-throw line. Bend your knees and shoot the ball! Did you make it? Try it one more time.
- Now, the coach will pass you basketballs non-stop, and you just have to jump and shoot from wherever you are! The key is to keep moving around the court. How many did you make?
- Now it's time for some sprints. Ready? Set Go! Run as fast as you can to the line at the other end of the court. Bend down to touch it, and run back. Let's go again! Sprint, bend down to touch the line, and run back quickly to where you started. Good!
- Time to cool down. Walk in place for 10 seconds. Do 5 trunk twists, during your top half of your body side to side. Stretch to the sky and then touch your toes. Keep your arms down low and sway side to side. End with arm stretches across your body on each side.
- Great practice today everybody. See you at the game!