EDUCACIÓ FÍSICA

***Name***: Queralt Ribé & Leila Medina ***Course:*** 3 ESO C

***Sport***:

Basketball

***Activity*** ***1***

Name: the game of 21

Explanation: It’s a game where you need to score 21 points in the less time possible. You cannot pass number 21. If you score one basket it’s two points, then you have a free shot and it’s one point.

Material: 3 Basket balls

Time: 15 minutes

Groups: 3 groups

Image:

 

***Activity 2***

Name: 10 pass

Explanation: You need to make 10 pass and then try to score and it can’t touch the floor. If it touch the ball is for the other team.

Material: petos and basket balls

Time: 15 minutes

Groups: 4 groups. 3 groups of seven and 1 of six

Image:



***Activity 3:***

Name: The game of the handkerchief with a ball

Explanation: It’s like the game of the handkerchief but with a basket ball. A person is going to say a number and the persons of the teams who have the number need to run to the person who have the ball and try to score in the basket. If you can’t the point is going for the other team.

Material: Basket ball

Time: 15 minutes

Groups: 2

Image:

