Get Up & Move During March Madness  (35 minutes)

Items needed for this activity:
• 3-4 balls, choose either basketballs, or soft rubber balls, depending on the nature of your meeting space. These will be used in Dribbling Relay and Shooting Contest.
• Masking tape to mark a starting line in Dribbling Relay and Shooting Contest. Tape will also be used in Tip Off activity (a 1-2 inch piece per participant)
• Marker
• Orange cones to mark dribbling course (chairs, pillows, etc., can be substituted).
• Youth Basketball Hoop or if none are available, place a box or a tub on a chair or a shelf, for Shooting Contest.
• Large sheet of white paper for Tip Off activity (may need 2 sheets).
• Stopwatch, watch with a second hand, or timer for Shooting Contest.

Background information for presenter:
Get Up & Move is all about making choices; choices about what you eat and choices about what you do. You can choose to sit on the couch and watch television or play video games; or you can choose to “get up & move!” Health experts report that there are many reasons why people choose to be active and stay fit. Encourage youth in your group to talk about why they choose to be active. This is a good way to point out some of the benefits that they may not have thought about. With March being the climax of basketball season, several different activities are outlined that will actively engage participants as they stretch their muscles, exercise their heart muscles, and have fun!

Step 1: Information to share with club members (5 minute)
We sometimes hear reports from health experts who say there are a lot of different reasons for choosing to be active and staying fit. Who can think of one reason why they choose to be active or stay fit? (Possible responses may include: develop a healthier heart, build strong muscles, bones and joints, have increased energy, burn calories, some feel it helps them clear their head or think more clearly).

Being fit is all about being active and moving around. You don’t have to be athletic to be fit. Everyone needs to make their own decision about what they want to do to be active – the important thing is that they choose something that they like to do, so that it won’t seem like a chore.

Today we are going to exercise several groups of muscles. What muscles do you think you use when you are dribbling a ball? You will be using your leg muscles, your arm and shoulder muscles, and also your heart muscles. What about when you are shooting a ball (allow participants to name muscles)? Or, how about when you jump (allow participants to name muscles)? You probably all know that your heart is a muscle. Whenever you play, run and participate in sports, you are exercising your heart muscle. Exercise is a key to making your heart stronger. Your heart needs to be in shape to do the work of pumping blood to all parts of your body. With each heartbeat, blood is sent throughout your body. In fact, each day 2,000 gallons of blood travel through about 60,000 miles of blood vessels, carrying oxygen and nutrients to all of your cells.

Step 2: Group Activity (10 minutes)
Dribbling Relay – Prior to the activity, set up the dribbling course. Use masking tape to mark the beginning point. Use orange cones, chairs or pillows to create obstacles for participants to dribble around. Use either
basketballs or soft rubber balls if your meeting space is not conducive to using a hard basketball.

It is March, and with it comes “March Madness.” Many of you have probably been cheering on your favorite basketball team (allow time for participants to share the names of their favorite teams).

To start this activity, we need to form several teams (form 2-4 teams depending on the size of your group). All of the teams will be lining up behind the start line. Each team gets a ball. Each team also has a set of cones (chairs or pillows – whatever items you’ve brought for obstacles). While dribbling the ball, you must weave in and out of the cones, circle the last cone, and then dribble straight back, passing the ball to the next person in your line when you return. The first team to finish wins.

Modify the Dribbling Contest by having participants dribble with their left hand on the return trip, requiring them to start over if they lose control of their ball, etc.

Step 3: Group Activity (10 minutes)
Shooting Contest – Prior to the activity, set up either children’s basketball hoops (possibly the type that are used with foam balls) or set up boxes or tubs to be used in place of basketball hoops.

In basketball, it is important to not only know how to move the ball (by dribbling), but it is also very important that you be able to shoot the ball. Today we are going to test our basketball shooting abilities. We need to form 2-4 teams (depending on the size of the group). Each team will have 3 minutes (lengthen the time period if you have a very large group) to shoot as many baskets as they can. The teams must stay in line and allow each participant to shoot. After the shooter makes their shot – they must run to the “basket” retrieve their ball and toss it to the next person in line. Someone should be identified to count baskets made by each team. The group leader should use a stopwatch or watch with a second hand to time the activity. The team with the most baskets wins. At the end of this activity ask the participants the following questions:

- How many of you used just your arm and shoulder muscles as you shot the ball?
- How many of you jumped, using your leg muscles as you shot the ball?

Most physical activities require that a combination of muscles be used together.

Step 4: Group Activity (10 minutes)
Tip Off Activity – Prior to the activity tape a large sheet of paper up on the wall. To determine appropriate height, have one or two members of various heights jump to give a perspective of common jumping ability. If the group includes a broad age range, it may be necessary to have sheets of paper posted at different heights.

What is the very first thing that happens at the beginning of a basketball game (the tip off or they jump for the ball)? As a measure of our fitness, we are going to see just how high everyone can jump. Rather than jumping against another person – everyone will be checking their personal jumping ability. This will require you to use nearly all of the muscles in your body. Just using your arm muscles won’t be enough. Even using your arm muscles and your leg muscles won’t get you as high as you really can go. To jump to your greatest potential you’ll need to draw on all of your muscles—beginning with the muscles in your toes and stretching and using muscles up to your fingers. Everyone will get a small piece of masking tape (1-2 inches). You need to write your name on your piece of tape. When it is your turn, you will come up to the “Tipping Paper,” holding your tape in your fingers, you need to jump as high as you can. Sticking your tape to the paper as you get to your highest point.

Once the tape has stuck, the activity coordinator should use a marker to identify jump height. The potential exists for future jumpers to knock off the tape so writing names on the paper is a more secure method of documenting the height of individual jumps. If time allows, let participants jump again to see if he/she can jump higher on a second attempt.

Get Up & Move!