



Please Return By - April 8, 2024

FITNESS CHALLENGE

March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Dribble in Place (70 seconds) 13 Jump Shots					1 Speed Dribble (20 seconds) 360 Turn & Dunk (x3)	2 Quick Feet (20 seconds) 3 Quarter Turns
3 Dribble in Place (30 seconds) 5 Jump Shots	4 8 Side Slides 8 Line Drills	5 Speed Dribble (30 seconds) 360 Turn & Dunk (x4)	6 BASKETBALL TASK CARD 1	7 Quick Feet (30 seconds) 5 Quarter Turns	8 Dribble in Place (30 seconds) 5 Jump Shots	9 5 Side Slides 5 Line Drills
10 Speed Dribble (40 seconds) 360 Turn & Dunk (x5)	11 Quick Feet (40 seconds) 8 Quarter Turns	MARCH MADNESS BEGINS 12 Dribble in Place (40 seconds) 8 Jump Shots	13 BASKETBALL TASK CARD 2	14 8 Side Slides 8 Line Drills	15 Speed Dribble (40 seconds) 360 Turn & Dunk (x5)	16 Quick Feet (40 seconds) 8 Quarter Turns
17 Dribble in Place (50 seconds) 10 Jump Shots	18 10 Side Slides 10 Line Drills	19 Speed Dribble (50 seconds) 360 Turn & Dunk (x6)	20 BASKETBALL TASK CARD 1	21 Quick Feet (50 seconds) 10 Quarter Turns	22 Dribble in Place (50 seconds) 10 Jump Shots	23 10 Side Slides 10 Line Drills
24 Speed Dribble (60 seconds) 360 Turn & Dunk (x7)	25 Quick Feet (60 seconds) 12 Quarter Turns	26 Dribble in Place (60 seconds) 12 Jump Shots	27 BASKETBALL TASK CARD 2	28 12 Side Slides 12 Line Drills	29 Speed Dribble (60 seconds) 360 Turn & Dunk (x7)	30 12 Side Slides 12 Line Drills

Basketball Themed Calendar for March

Keep students active and practicing various basketball activities during the month of March! Great for in person PE and for students to do at home with family!

Refer to the Basketball Task Cards on Page 2

For Dribbling and Quarter Turns, repeat for each hand/side

Special thanks to:



**HEALTHIER
GENERATION**

Find the visuals for each fitness activity below.

Visit www.healthiergeneration.org for more ideas on how to inspire a healthy, active lifestyle.

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BASKETBALL

*Equipment Needed:
1 ball for each student*

- Dribble with right hand:
8 times
- Dribble with left hand:
8 times
- Dribble alternating hands:
5 each hand
- Dribble in a straight line:
10 steps
- Dribble zig-zag pattern:
10 steps

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BASKETBALL

*Equipment Needed:
1 ball for each student*

- Basketball around head:
5 times
- Basketball around waist:
7 times
- Basketball around knees:
9 times
- Basketball around body:
11 times
- Figure eight around legs:
3 times

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