



CANADIAN OLYMPIC ACTIVITY CHALLENGE



BASKETBALL

Canadian physical education teacher, James Naismith, was quickly running out of ideas to keep his gym class busy during the cold winter months. In a stroke of brilliance, he hung peach baskets close to the ceiling and invented a game where the students scored a point for their team if they shot a soccer ball into the basket. Basketball was born.

Basketball made its Olympic debut in the Berlin 1936 Olympic Games and was played outdoors on clay tennis courts. It poured rain on the day of the final between Canada and the USA, and the court became a muddy mess. In a low-scoring game, the USA prevailed, and Canada settled for silver. This was Canada's only Olympic medal, but the men's and women's teams have both since finished 4th. The first women's Olympic tournament was at the Montreal 1976 Games.

In Olympic games, two five person teams play for four 10-minute quarters. Shooting the ball through the hoop will earn the team two points or three points if shot from behind the three-point line. Unlike Naismith's original rules, players have to dribble the ball and shoot within 24 seconds of getting the ball. For the first time ever, Tokyo 2020 will feature a 3x3 tournament in addition to the traditional game.

Fueled by the Toronto Raptors winning the NBA Final, participation numbers are soaring, and basketball is Canada's third most popular team sport behind soccer and hockey. Canada's boys' and girls' teams are both ranked amongst the top four nations in the world, and Canada captured a historic gold medal at the FIBA U19 Basketball World Cup 2017.

To learn more about basketball, visit: <https://www.basketball.ca/en>



BASKETBALL TRIVIA

HIGHLIGHTS



Steve Nash

- Qualifying for the Olympic tournament is very challenging and only the top teams are allowed to compete. The Canadian women's team has competed in the last two Olympics (Rio 2016 and London 2012), but the men haven't competed since Sydney 2000.
- Steve Nash had the rare honor of winning two back-to-back NBA Most Valuable Player awards. He led Team Canada to the quarter finals of the Sydney 2000 Olympic Games. Last year, he was inducted into the Naismith Memorial Basketball Hall of Fame.
- Six Canadians were selected in the 2019 NBA Draft, not only surpassing the previous record of four Canadians picked in the 2014 NBA Draft but also setting the record for most draftees from a non-U.S. country in one draft. In addition, four Canadian first-round selections also established a new record for the country.
- Last season, Canada once again featured the most international-born players on opening-night NBA rosters (13), an achievement the nation has now earned five years in a row.

FEATURED ATHLETE



KIA NURSE

OLYMPIAN, RIO 2016 AND TORONTO 2015

Born into a family of professional athletes, it was no surprise when Kia Nurse started playing basketball at age four. She took quickly to the game and was playing for Team Canada in her early teens. As a University of Connecticut Husky, she played on two NCAA Championship teams. In 2015, she helped Canada capture a gold medal at the Pan American Championships and FIBA Americas Championship for Women to qualify Canada for the Rio 2016 Olympic tournament. When not competing for Team Canada, she plays guard for the New York Liberty in the WNBA.

Learn more about Kia Nurses at www.kianurseelite.com or www.olympique.ca.


BASKETBALL


ACTIVITIES

Described below are Daily Physical Activity basketball activities that can be used in the classroom and gym. Have fun!

20 PASSES

Passing is a key skill for basketball players trying to retain control of the ball and move it up the court for a basket. The players use chest passes, bounce passes, overhead passes or wrap-around passes to get the ball to an open teammate. In this game, students will practice their passes and try to retain control of the ball for their team.

 **Participants:** the whole class is divided into two teams or can be played cross court with smaller teams

 **Space:** Gymnasium or safe open space

 **Equipment:** Basketball and pinnies

SET UP:

- Divide the class into two teams and distribute pinnies.
- If playing in a safe open space, mark out the boundaries.

ACTIVITY DESCRIPTION:

- Toss a coin to see which team starts with the ball.
- The starting team must pass the ball between their teammates 20 times without dribbling, taking steps with the ball (traveling), or dropping the ball.
- Players without the ball can move to get open.
- If the team in possession of the ball dribbles, travels or fumbles the ball, the other team grabs the ball and starts to pass.
- The first team that gets 20 consecutive passes wins.

ACTIVITY EXTENSION:

- Break the teams into groups of five players per team.
- Allow the players who have possession of the ball to take three steps.

BALL TAG

It's not just passing skills that helps a team control the ball. It's the ability to communicate effectively as you pass. Players need to see what is going on around them and work with their teammates to respond to how the game is changing. This game teaches passing, footwork, communication and awareness. More details and a video of this game is found at:

<https://snybblog.basketball.ca/2016/08/30/game-ball-tag/>



Participants: 10+ depending on the available space



Space: Gymnasium or safe open space



Equipment: Basketball and pinnies

SET UP:

- Divide the class into two teams (offence and defense) and distribute pinnies.
- If playing in a safe open space, mark out the boundaries.

ACTIVITY DESCRIPTION:

- The offense team starts with the basketball and tries to GENTLY tag the defenders with the ball by passing the basketball around the play area – no traveling or dribbling.
- Defenders who are tagged must leave the court and perform a task (ex. 5 push-ups or a down-and-back dribble) before re-joining the game.
- Play for time and switch teams from offense to defense.


ACTIVITY EXTENSIONS:

- Instead of having tagged defense players perform a task before re-joining, have them become part of the offense team. Continue until there is only one defensive player left.
- Introduce another ball so that the offense has more than one ball to use in tagging the defense.
- Allow limited dribbling.

SIMON SAYS (OR KIA SAYS)

During a game of basketball, players must perform various key movements. Becoming familiar with the terminology and movements makes coaching the class in basketball skills much more effective and practicing these movements can be a good exercise break between classroom activities.

 **Participants:** whole class

 **Space:** Classroom, gymnasium or safe open space

 **Equipment:** none

KEY MOVEMENTS:

DEFENSIVE STANCE: The player's knees are slightly wider than shoulder-width and their feet are facing forward and a bit wider than the knees. Keep low and flatten the back. Head is up and arms are raised.

QUICK FEET: The players feet are shoulder-width apart with their feet facing forward and their knees slightly bent. The players arms are out to the side of their body with their palm facing up and slightly forward. The player then lifts each foot from the ground in opposite rhythm as the other as fast and they can while staying in place.

REBOUND: The players feet are shoulder-width apart with their knees slightly bent. The player then brings their hands above their head in the direction of the sky and jumps as high as they can pretending to grab a ball. The player then land their feet back on the ground shoulder width apart, bringing their arms towards the middle of their chest with their elbows out as if a ball was in their hands.

FRONT PIVOT: The players feet are shoulder-width apart with their knees slightly bent.. The player shifts their weight onto their dominate foot and lifts their non-dominate foot rotating clock-wise (frontwards) with their hip. The player must keep their dominate foot on the ground at all times. While rotating the player can move their hands from side to side as if they were protecting the ball from an opponent.

BACK PIVOT: The players feet are shoulder-width apart with their knees slightly bent. The player shifts their weight onto their dominate foot and lifts their non-dominate foot rotating counter-clock-wise (backwards) with their hip. The player must keep their dominate foot on the ground at all times. While rotating the player can move their hands from side to side as if they were protecting the ball from an opponent.

BOX OUT: The players feet are shoulder-width apart with their feet facing forward and their knees slightly bent. The player sticks out their butt and continues to step backwards with their hands above their head as if they were going to catch the rebounded basketball.

DEFENSIVE SLIDE (RIGHT OR LEFT): The players feet are shoulder-width apart with their feet facing forward and their knees slightly bent. The players hands are to the side of their body with their palms facing up. The player lifts the foot closest to the direction that they are going remaining in the slightly seated position. The player shuffles to the direction that they are going never crossing their feet or allowing their feet to touch.

SHOT: The players feet are shoulder-width apart with their dominant foot slightly forward, and their knees slightly bent. The players hands are placed out in front of their body with their elbows slightly bent and their shooting hand facing forward with the palm of their non-shooting hand facing inward. The player then pretends to catch a ball while bending the wrist of their shooting hand backwards towards their body allowing the pretend ball to rest on the palm of their hand. The player leaves their non-shooting hand up right on the side of the pretend ball until both elbows are fully extended. The player then flicks the wrist of their shooting hand forcing their fingers in the direction of the target. The player then followings through with their shooting hand pointing their shooting fingers towards the ground.

SIMON SAYS (OR KIA SAYS)

SET UP: none

ACTIVITY DESCRIPTION:

- Teacher demonstrates each of the different movements.
- “Simon/Kia” caller is selected. Feel free to use other basketball player names instead of Simon or the profiled athlete (Kia Nurse)
- Rules are like Simon Says, with the caller saying, “Simon Says” followed by one of the basketball movements. All students must then do a defensive stance. If the caller does not say “Simon Says”, the students should not do the movement.

ACTIVITY EXTENSIONS:

- Add other basketball movements

BRINGING IT TO THE CLASSROOM

Use the internet to find out about the first Olympic basketball final in Berlin. Based on the facts gathered, write a newspaper article describing the game.

Use the internet to research the players on Team Canada (men’s or women’s team). List three interesting facts about five of the players.