MARCH MADNESS

This is a fun fitness activity that could be done during the month of March to celebrate all the final basketball games held in March. Feel free to modify these to fit your school and student needs/abilities.

To begin, you will need 4 squads (who will each have a designated corner of the gym to perform their activities- squad 1 will be in corner 1...). Designate two squads to be for one Championship team and the other two squads for their opponent.

GAME PLAY:
Students begin in their squads in their home corner of the gym. When the music plays, students are to jog around the outside of the gym- staying away from any equipment. When the music stops, they are to quickly move to their home corner and perform the task given to them. Have students jog for 1 minute and then they have 1 minute to perform the activity (vary this to fit your need). They are to return the equipment and record their score before jogging again. I recommend playing any of the Jock Rocks tapes.

**Students will need to work cooperatively within their squad and decide how each activity will work best for them in their allotted time.

FITNESS ACTIVITIES-

1. **SLAM DUNK**- Each squad has a large, clean trash can, several 7-9” nerf balls, and a scooter board. In 1 minute, each student takes a turn moving on the scooter board and performing a Slam Dunk into the trash can. 1 point is scored for every ball that is successfully dunked into the trash can. Each student needs to take a turn being a shooter.

2. **OUT OF BOUNDS PLAY**- One person passes the basketball to each member of the squad. Record the number of successful passes and returns completed.

3. **CHEER PYRAMID**- An assortment of objects should be provided to each team (bean bags, polysteps, foam pins, small cones...) Each student is given an object, one at a time, they are to run to a spot and place their item on top of each other - creating a pyramid. Record the number of items that are successfully stacked at the end of the minute. Feel free to perform a team chant during this activity.

4. **RUN, DRIBBLE AND SHOOT**- Using the trash can and a basketball. Students are to run to a spot, pick up a basketball, dribble and shoot into the trash can. Use polysteps to mark the beginning, dribbling and shooting spots. Record the number of successful baskets.
5. **DEFENSIVE SHUFFLE**-Each squad does the shuffle step down a line and whistles at the end. Record the number of times the line is able to complete the activity.

6. **REFEREE'S CALL**-Done like Follow the Leader. Each person takes a turn leading a referee's call complete with body action. Record the number of calls completed in 1 minute.

7. **THE WAVE**-This is done with all 4 squads at one time. Each squad receives 1 point if a successful wave can be completed by the entire class.

When the activity is completed, a cool-down is needed. In order to determine the championship team- have the two squads who are cheering for the same team add their score. The Champion will be the team with the most combined points.

**EQUIPMENT NEEDED**

- Box for each squad's equipment
- 3-4 polyspots per squad
- 4 trash cans
- 1 scooter board per squad
- 1 basketball per squad
- 2-3 foam balls per squad
- equipment for the pyramid
- score sheet/pencil
- boom box/music

**SCORE SHEET**

1. **SLAM DUNK** score __________
2. **OUT OF BOUNDS PLAY** score __________
3. **CHEER PYRAMID** score __________
4. **RUN/DRIBBLE/SHOOT** score __________
5. **DEFENSIVE SHUFFLE** score __________
6. **REFEREE'S CALL** score __________
7. **THE WAVE** score __________

**total score __________**