

Tier 1 (Lower Ability Athletes)

Basketball

DRIBBLING:

How many times can you dribble a basketball in 60 seconds?



What to record and submit: Record the number of times you dribble a basketball in 60 seconds and that's your score.

LAY UPS:

How many lay up's can you make out of 20 attempts?



What to record and submit: Record the number of layups you make out of 20 attempts and that's your score.

Track & Field

20 Meter Dash

How fast can you walk, roll or run a 20-meter dash?



Set up: Measure 20 meters (or 66 feet). If you are unable to use a measuring tape, you can measure by taking 24 large steps. Mark the distance.

What to record and submit: Record the time it takes you to run to the 10-meter mark and back to the starting line.

50 Meter Dash

How fast can you walk, roll or run 50 meters?



Set up: You can do the 50-meter dash in your yard, on a sidewalk, or any open space. Measure 50 meters (or 164 feet) from start to finish. If you are unable to use a measuring tape, you can measure by taking 60 large steps. Mark the distance.

What to record and submit: Record the time it takes you to run, walk or roll 50 meters from start to finish.

TENNIS BALL THROW (15 meters max)

How far can you throw a tennis ball?



Set up: Throw a tennis ball and measure (in meters and centimeters) how far it goes. If you farther than 15 meters, do not try this activity.

What to record and submit: Measure the distance of your throw in meters and note on the score sheet.