HOMECOURT PE CURRICULUM
STAY ACTIVE - PLAY - COMPETE

The Homecourt App can be used outdoors or set up inside the home, with the majority of drills requiring **9ft** of lateral movement space.

Intro Session
For this you will need to complete 3 stages:
1) The warm up
2) 4 different drills of your choice - You can change the drills to whatever suits you best.
3) A cool down and answer some of the questions provided

- You do not need a ball for the Agility drills. If you have a ball available then bonus!

- Make sure you record your first score in the table provided. We will look back at these scores at the end of the first 2 weeks to monitor progress.

- After your cool down please answer 1 or more of the questions on Slide 6.

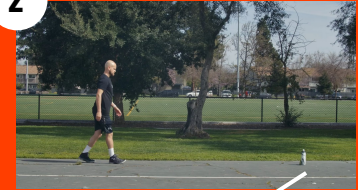- Remember have fun and feel free to explore the App on your own time as well.

HOW TO SET UP FOR AGILITY AND BALL HANDLING DRILLS

1

Use a water bottle or something heavy to prop up your device in the garden or the living room.

2

Once you have selected a drill step back so your full body is clearly in the frame and follow the on screen instructions

3

While completing the drills it's important to stay in the frame.

More detailed information is available on the App and at
Homecourt.ai

1.   Start with the warm up (8-10 mins)
Following the 3 stages.

2.   Agility Hurdles (10 - 12 mins)
Today's workout pupils will focus on balance, explosiveness and speed. It is important for pupils to maintain good posture and form throughout each movement.

Rules of the activity:
- Move from side to side of the screen
- Step over each hurdle as you move laterally
- Try to avoid hitting hurdles with your feet
- Move back and forth clearing the hurdles as quick as possible for the full workout

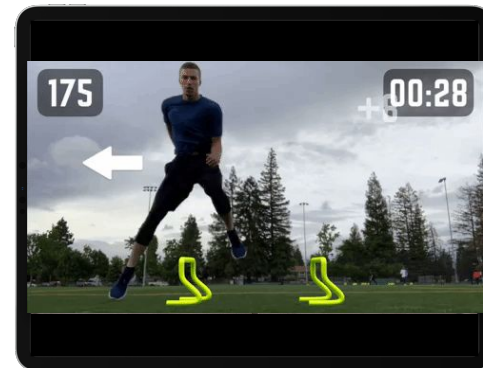Perform the drill a total of 4 times. Making sure that you rest for 2 mins between each exercise.

3.   1 or 2 player reaction time (5 mins)
Compete against yourself or someone else in the 1 or 2 player Reaction drill:
Loser has to do 10 press ups

4.   Cool Down (5 mins)
Complete a range of static stretches focusing on the working muscles.

5.   Cool down and questions (5 mins)
Question: How would these exercises help a basketball player in a game? How did we feel after the session?

Example Answer: having quick hand-eye reaction time helps a basketball defender quickly steal the ball from their opponent without fouling.

1. **Start with the warm up (8-10 mins)**
Follow the 3 steps outlined on page 5.

2. **Lateral quickness (10-12 mins)**
Today's workout pupils will focus on being able to stay low while maintaining a proper athletic position. Pushing yourself for a full minute at a time.

   Rules of the activity:
   - Stay low by bending the knees, not the waist
   - Always keep head and feet visible on the screen
   - Step-slide quickly from side to side
   - Touch as many cones as possible

   Perform the drill a total of 4 times. Making sure that you rest for 3 mins between each exercise. To increase the difficulty of the drill - extend the time of the workouts or shorten the rest period in between.

3. **1 or 2 player reaction time (5 mins)**
The hard work is done now compete against yourself or someone else in the reaction time game.

4. **Cool down and questions (5 mins)**
Complete a range of static stretches focusing on the working muscles. While stretching parents/teachers can ask thought provoking / open ended questions such as: How would these exercises help a football player in a game? How did we feel after the session?
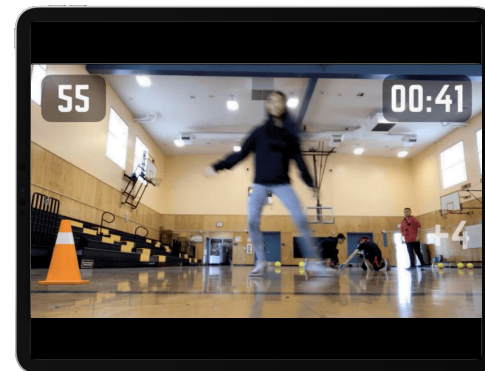
Teaching Points:
- Stay low and keep your legs and glutes engaged
- Move laterally (shuffle) avoid turning body and running.
- Keep your back upright - bend the knees
- Eyes forward and focused

1. Start with the warm up (8-10 mins)
Follow the 3 steps outlined on page 5.

2. Single Target (6-7 mins)
Today's workout pupils will focus on coordination and reaction time while keeping their eyes on the screen and reacting as quickly as possible to hit virtual targets with their off hand.

Rules of the activity:
- Stay low bending the knees not the waist
- Dribble as fast as possible with your head up

Perform the drill a total of **3 times**. Making sure that you **rest for 1 mins** between each exercise

3. Double Target (6-7 mins)
React quickly as possible to hit virtual targets with your off hand. Use a quick crossover to switch dribbling hands. Perform the drill a total of **3 times**. Making sure that you **rest for 1 mins** between each exercise.

4. Cool Down & Questions (5 mins)
Complete a range of static stretches focusing on the working muscles. Answer the question posted by your teacher on GoogleClassroom.
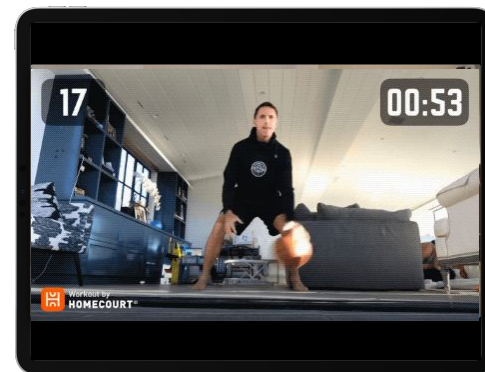
Teaching Points:
- Dribble faster to make more targets appear
- Keep your back upright
- Hit targets quicker for higher points

WORKOUT 4: TOTAL CONTROL (30 MINS)

1. **Warm Up (10-12mins)**
   Today's session create your own warm up - use the internet to help you.
   ● Perform 3 pulse raisers and 4 dynamic stretches for 30 seconds each
   ● 20 left hand bounces, 20 right hand bounces, 30 crossovers

2. **Ball Control x3 (6-7 mins)**
   ● Working on your ball control with wide crossovers to hit the virtual targets Record all scores

3. **Cross Over x3 (6-7 mins)**
   ● This drill is all about speed and fast hands, once you hit the blue virtual target boost your score with quick crossovers

4. **Hesitation x3 (6-7 mins)**
   ● Practice your hesitation dribble, 2 dribbles will change the target color, use a hesitation dribble to pause the target color on green and hit it with your off hand

5. **Cool Down (5-10 mins)**
   ● While cooling down total up your scores from all 9 drills you performed - Submit your total to **Google Classroom**
   ● Perform a variety of static stretches

Teaching Points:
● Dribble faster to make more targets appear
● Keep your back upright
● Focus on keeping your eyes up instead of looking at the ball
● Go as fast as you can for the crossover when you hit the blue target
● Hit targets quicker for higher points