

# Information for Grown Ups

Having fun and experiencing early success is pivotal in helping to keep children engaged in physical activity. Learning movement skills at an early age such as throwing and bouncing a ball, means that as a child gets older they can confidently take part in a wide range of games and activities.

In this story the children are performing skills and they are encouraged to keep practising in order to beat their own personal best score. With young children it is best to avoid direct comparison with other children, or ask them to beat another person's score. This approach can lead to a child feeling demoralised or becoming too focussed on the score and not concentrating on performing the skill as well as they can. If they use their own score they always have a realistic score to better – and don't forget to set a challenge for both left and right hands

Basketball equipment. Using the right sized ball for a young child is essential and children should start with a size 3 basketball and even this might be a bit too hard and rigid for little fingers. So you may want to start with a larger, lighter, bouncier ball for throwing and catching. Then move on to the size 3 basketball when you introduce the dribble/bouncing action. Set achievable goals e.g. can you bounce the ball 5 times with your right hand without losing control – can you do the same with your left hand. Can you alternate left and right hand bounces etc. To begin with stationary bouncing is easier and then you can encourage your child to move around a space and then round obstacles

to improve control and accuracy. There are affordable basketball hoops for sale online that can be attached to an outside wall. For a 5 year old a basketball hoop should be no more than 6-7ft high. You can also buy an over the door basketball hoop, which has the benefit of being moveable. A cheaper option is to use a bucket, which you can hold out in front of you for a child to shoot in to, or hold your arms out in front of you to form a hoop shape – remember you want your child to be successful and to have fun, so don't make it too difficult. Visit [www.mini-basketball.org.uk](http://www.mini-basketball.org.uk) for ideas and information.

If your child is a wheel chair user and you need some ideas for some inclusive basketball skills to try, then visit <https://www.yourschoolgames.com/active-recovery/wheelchair-basketball-all-fun-skills/>.

There are also a number of charities that will help fund wheelchairs for young children, such as Whizz Kidz ,Tiny Trax and Caudwell Children. You can also access free wheelchair skills training workshops at [www.go-kids-go.org.uk](http://www.go-kids-go.org.uk)

If you want information about wheelchair basketball, which is extremely popular in the UK, then visit [www.britishwheelchairbasketball.co.uk](http://www.britishwheelchairbasketball.co.uk)



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