



Study Guide

Basketball can be a wonderful sport. It stresses work ethic, practice, listening, following directions, and team play. Basketball develops physical fitness, confidence, and builds strong friendships. It also encourages children to improve academically, maintain good social behavior, and shows them how to fit into the team concept.

- As well as being a great way to stay fit, basketball can also:
- Help you to make new friends and see them regularly
- Teach you about being a good team player
- Be played by people of all ages and all abilities
- Be played all year round because it can be played indoors in a gym
- Be a fun game that kids of all levels and ages can enjoy
- Be practiced alone – all you need is a net and a hoop (and you can find a hoop in most parks and school grounds)
- Be played and enjoyed with as few as two people

Physical Fitness Benefits:

- Almost **every body part is used** when playing basketball and thus it promotes the growth of the body in a very well balanced manner. **This in return facilitates your body's flexibility and it also ensures good circulation of blood to every part of the body.** Basketball's competitive nature also means that a good amount of effort is always exerted and that is the key to good and **effective exercise.**
- Cardiovascular fitness – a basketball game involves a lot of starting and stopping, running up and down the length of the court, this will help to:
 - Burn calories
 - Build endurance
 - Improve balance and coordination
 - Build muscle, especially leg strength and power – there's a lot of bending, crouching and jumping, so the muscles in your legs will benefit

Overall Health Benefits:

Exercise has an amazing effect on your body AND YOUR BRAIN!

- Overall energy is increased.
- Memory is increased.
- Exercise releases chemicals in your brain called "Endorphins" which make you feel good, improving your mood!
- Getting plenty of exercise helps you sleep better.

All these things combined will help increase brain function, focus, and reduce absenteeism, leading to a better school experience!

Teamwork & Sportsmanship:

Basketball is a team sport that truly manages to **draw a group of people together**. A **healthy mindset** attained from playing basketball can only affect someone in a good way, especially for young kids.

- Social interaction – the game requires a lot of communication between team members.
- Develops concentration and self-discipline
- Leadership characteristics are learned, and how they apply both on and off the court:
 - Leaders raise their hands in class. That shows they are confident with their answers, they are smart leaders and they can act like it. They stand tall, raise their hands and are not afraid to share the answers to questions.
 - four guiding principles that players should follow: -be on time, be good listeners at school and at home, work hard and you have to display good sportsmanship.
- Respect is learned through interaction with other players and with the coach.
- Everyone gets a chance to play
- All players are encouraged to pass the ball and incorporate other players into each play (sharing).
- Practice, Practice, Practice is always encouraged, leading to team, as well as personal, improvement.

All these benefits combined build strong character not only as a team during basketball, but individually on the court, in the classroom, and at home!