Hoops For Heart
at the Elementary Level

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Hoops For Heart Event

Pre-event
The event is kicked off with a basketball assembly. You could have your school basketball team play a scrimmage, you could create your own demonstration team or use someone like Sandy “Spin” Slade.

During the assembly set your school goals, show thank you gifts and tell a little about the actual event. I always remind students that if they just bring $1.00 they will be helping the American Heart Association (AHA) and be able to participate in glow in the dark shooting and our school group picture. This is a great time to mention someone who has been helped by the AHA. We have several kids/parents/grandparents in our school who have been able to get surgeries and medicine they needed because of the AHA.

Collection envelopes are given to students and incentive posters are hung throughout the school.

Day of event
Students return their collection envelope to school on the day of the event and parent volunteers collect them in the morning. The volunteers then start counting the money and record it on the AHA participants’ sheet which can be downloaded from the AHA website. They also chart our progress throughout the day on the AHA goal poster.

Each grade level is called to the gym for a 45 minute Hoops For Heart event session. (Even students who have not collected.) Depending on gym size and class size, classes could be combined. I divide the students into groups and start each group at a different station (I hand out playing cards or note cards with numbers so the students know where to go). I have huge station numbers for easy visibility. Stations can be added/deleted depending on what works for you (or swapped out for different grade levels).

After all students have rotated through the stations, you can allow only those who actually collected to participate in the last activity, glow in the dark shooting! These students can also be part of a group picture at a later date.
After event
Give **thank you note** to all volunteers!
**Order AHA participant thank you gifts.** Have volunteers sort and distribute them to students when they come in. Order school PE equipment if you raised enough money!!

**Fun EXTRAS for your event**

**Set a school goal.** If goal is met do something fun like have an assembly and play a basketball game, Staff vs. Top 12 Fundraisers.

_The past two years, I have created an incentive that if a student raises $25 or more, on top of the thank you prizes they will receive, they will get to through a pie in the face of one of the teachers/administration! This has really boosted our donations! I make the pies out of pudding and Cool Whip (low cost). During one day of the student lunches, they all get a slip of paper and get to put it in an envelope to cast their vote on who gets a pie to the face! Send out an email ahead of time asking for volunteers so that a teacher who is not willing to do it doesn’t get picked!_

**Hold class competitions.** Top class wins a pizza party or extra phys ed class.

Have students make **healthy heart posters** for the event.

Have students **make hearts in memory or honor** of a loved one or friend.

**Fill a jar with candy** hearts and basketball foil wrapped chocolates. Let students guess how many pieces. Closest to the actual number without going over is the winner. *Optional, charge a quarter a guess and donate the proceeds to your event.*

Make a **huge basketball poster** out of bulletin board paper. Allow students to sign the basketball when they bring their permission form back.

Talk a **DJ** into coming to your event! **Call the newspaper and local TV station** in your area.
Ask for volunteers to help at your event. Call parents or invite the high school girls and boys varsity basketball teams (or college sports teams) to come and run your stations (last year, we had the CSU girls soccer team come and help)! They will love you for getting them out of class and they will be able to use it towards community service hours.

After the event, take a group picture of all students who collected.

**Hoops For Heart Stations**

**Ball Handling & Dribbling – K & up  Use a smoke machine!**
Pass around one knee in both directions, switch
Pass in a figure 8 around the knees, do a walking figure 8
Pass around both knees and change directions
Pass around the waist
Pass around knees then around waist then back to knees, etc
Spin the ball on one finger
Spin the ball up one arm, trying to go across the chest and down the other
Dribbling with each hand
Cross over dribbling in front of body, under your leg, while walking
Dribble around one foot, then the other
Figure 8 dribble around feet
Dribble while sitting down, lying down, doing sit-ups
Toss the ball gently over the head and catch it behind the back
Toss from behind back and catch in front
Stand with feet apart and bounce pass the ball forward and backward through the legs
Put it together and do the merry-go-round. Toss overhead and catch behind the back, then bounce thru legs and catch in front. Go the other direction.
Spider dribble under legs
Do the flip, first with a bounce then in the air
Dribble with just your elbows
Dribble with your forehead, knees or feet
Dribble 2 balls at same time
Alternate dribble with two basketballs
Shuffle while dribbling with two basketballs
Pendulum dribble with two basketballs
Dribble around one leg with one ball while dribbling stationary with the other
Kneel then lie down while dribbling with two basketballs

**Dribble, Pass and Shoot While Jumping Rope** – 3 & up
Run or dribble into a long rope and dribble while jumping
Run or dribble in and bounce pass to someone who is out
Run or dribble in with a friend and bounce or chest pass back and forth
Run or dribble in and try to shoot a hoop while jumping
Try these skills while jumping egg beaters style

**Sharks** – K & up
Spread hula-hoops out on half of the basketball court. Divide students into two groups. One group are the sharks and stand inside a hoop. The other group stands on the sideline with a basketball. On GO the students with the basketballs attempt to dribble across the court without letting a shark touch their ball. If the ball is touched by a shark the two students trade places. The sharks should not touch the body, only the ball. This works on dribbling and positioning the body to protect the dribble. Emphasize good sportsmanship.

**Hoops & Hearts** – K-3
Divide students into 3 or 4 teams. Give each team a hula-hoop and a basketball and assign them to a corner of the court. Scatter paper hearts on basketball court. On “GO” have 1 person from each team dribble out and pick up a heart, then return it to their hula-hoop. Continue until all hearts are picked up. Count and see which team has the most. Scoring: 1 point each heart; 5 points for pink, 1 point for all others; 10 points for large, 1 for small, etc.
Option-Have all students stand on the basketball boundary line each with a basketball. See which student can end up with the most hearts.

**Dribbling Musical Chairs** – K & up
Played like musical chairs except players must dribble a basketball while walking around the chairs. Set up one chair for every player minus one. Play music and have players dribble/walk clockwise around chairs.
When music stops all players need to quickly and safely find a seat. The player without a seat is out. Take away another chair and continue until you are left with one player.

**Dribble Take Away – 2 & up**

As long as your dribble stays alive you are still in the game. You are out if your dribble goes out of the boundary area, stops bouncing, touch it with two hands, or pick it up. While keeping your dribble alive with one hand, try to knock away other people’s ball with your other hand. When there are only a few people left, shrink it and make the boundary area much smaller. Play a boys only game, a girls only, then everyone.

**Dribble Tag – 1 & up**

Give everyone a basketball. Make sure 4 students have a different colored ball from all the rest. They are it an attempt to tag another student who is dribbling around the room. Once tagged switch balls and you are it. No tag backs. Emphasize good sportsmanship and safety.

**Ups and Downs – 2 & up**

Spread all cones out on gym floor – half standing up and half tipped over. Half the class has a basketball the other does not. On “GO” the kids with the basketballs start dribbling around the gym knocking over cones, while the kids without a ball go around standing them back up. Stress the kids with the ball must dribble it and can only knock over a cone with their opposite hand. When the music stops everyone must go to the sideline. Count the cones that are up and those down. Cones lying down are worth 2 points while those standing up are worth 1 point. Switch rolls and start again.

**Hula-Hoop Dribbling – 1-3**

For this activity you will need one hoop and one jump rope for every two kids. Tie one end of the jump rope around the hoop. One partner pulls the hula hoop around the gym while the other dribbles the ball inside the hoop. Once the ball bounces on or outside the hoop, switch rolls. Optional – bounce pass with a partner, bouncing the ball in the hoop.

**Obstacle Course Dribble Station – K & up**

Students must dribble a basketball while going through an obstacle course. The obstacle course can be set up in the stands, hallway, stage, etc.
Do a variety of dribbling activities like:
Dribbling up steps or a ramp
Go thru a tunnel, while sitting on a scooter
Dribble and pass against a wall
Dribble while lying down
Dribble while walking across a balance beam
Dribble thru a series of hula-hoops
Dribble while stepping over hurdles
Have 2 or 3 students on the course at a time. As one finishes, start the next in line.
Equipment: 3 basketballs, scooter, hula-hoops, parachute, balance beam, 2 hurdles, cones

**Passing Station** – K & up
Form 2 lines of partners facing each other
Practice – Chest passes
  Bounce passes
  Overhead passes

**Chest pass contest** – 2 & up
Start close and back up 1 step with each pass. If ball is dropped, hits ceiling, walls, etc you are out. See who lasts the longest.

**Penny bounce pass** – 2 & up
We all have spare pennies lying around! Place a penny on the floor between partners. Give 3 minutes to have partners bounce pass back and forth trying to move the penny with the ball. Whoever moves it the farthest away from them gets to keep it.

**Circle Passing Race** – 3 & up
Divide the group into two circles. Give each team (circle) one ball and see which team can be the first to make 30 chest passes. Repeat with bounce passes. You may not return it to the person who passed it to you and you may not pass to the person next to you. Count passes as a group out loud. Optional - Use one group and time students to see how fast they can finish. Time them again to see if they can lower it even further.

**Pass & Score Sideline Basketball** – 3 & up
Divide class into 4 equal teams and have them stand on opposite sideline. Give each player a number. Place a hula-hoop in the center of the
gym to hold 4 basketballs. Designate a basket and a basketball to be used by each team (2 to each end of the gym). Call a number. Those four players (one from each team) run to pick up their basketball. Take it to the start end of their line and chest pass the ball to each person on their team. If the ball is dropped, the passer must pass it again to that player before moving on to the next person. When the passer is finished with the last person, he/she takes the ball to the basketball hoop and attempts to make a basket (2 attempt limit). After making it or attempting 2 shots he/she must quickly return the ball to the hula-hoop.

Scoring-The first person that returns the ball to the hula-hoop scores 1 point for their team. Any player who makes a basket scores 2 points for their team. Keep a running team score to see who wins each round or overall. Also keep a tally of who has already taken a turn.

**Shooting Station** – 2 & up
Form 2 lines and have students practice shooting foul shots and set shots for 5 minutes.
Give demonstration and stress proper shooting form.
  - B – balance
  - E – elbows
  - E – eyes
  - F – follow through

**Knock-out** – 3 & up
Have students form one line. Give ball to first two players in line.
First two students have a ball (different colored balls help). The first person attempts one shot from the foul line (or other designated line) if they make it they are done and give the ball to the next person in line who needs it, then go to end of line. If they miss, they rebound their ball and continue shooting from anywhere until they make it or the person behind them makes it. The person behind them may start shooting after the person in front has made their initial first attempt at a shot. If the person behind you makes a basket before you do you are out. Go down to two players. Award them winners and they become the first two players for the next game. Play boys vs boys, girls vs girls or everyone together. Emphasize good sportsmanship and safety.
Equipment: 2 basketballs (different colors)
**Top Gun – 3 & up**

3 or 4 students shoot as a team for 5 minutes. Each person on the team has a ball and shoots at the same basket at the same time. Counters count all baskets made by the team.

**Four Team Shoot-Out – 3 & up**

Put a cone in front of each basket. Put one line of tape up close to the basket and one line of tape back 6-7 feet. The closest line is worth 2 pts and the farthest 3 pts. The first person in the line dribbles in and takes a short shot and a long shot. So they can earn 2, 3 or 5 points per turn. They run the ball back to the next person who continues. Play to about 30-35 points. Have kids count out loud and sit down when they reach the target number.

**Hot Shot Blitz – 4 & up**

Participants begin in the middle of the court. On GO students race to opposite ends of the court and attempt to make as many shots as possible from designated spots. Baskets are worth the point value of the given spot. Participants must be standing on or behind shooting spot; both set shots and jump shots are allowed. Participants must rebound their own balls without assistance. After a pre-determined time limit, scores are recorded. This is a fast paced activity with instant results.
**Half Court Basketball Game** – 3 & up

Divide students into 3 teams. Teams can be boys, girls or co-ed. Give team shirts to two teams. The team that is out can be referees, score keepers, timers, etc. Play 5 minute games or longer if you have time. A vs B, B vs C, C vs A. Emphasize good sportsmanship and team play. Have fun!

Equipment: 1 whistle, 1 – HOOPS basketball, team shirts

**Transformation Station:**

The students will transform into a tiny blood vessel! Use chairs or tables to make a tunnel and cover it with gym mats or bed sheets/blankets. Let the students use scooters to scoot through. Tell them they are now tiny blood vessels going through the veins of the body!

**Glow In The Dark Shooting** – K & up

Have all students line up at a basketball hoop. Once everyone is in line turn off lights and let the “glow shooting” begin.

Purchase “Glow Brite” basketballs by Baden at Walmart or Dicks. To keep them glowing throughout the day place them near a light when not in use. Rotate them every once in a while so they stay bright on all sides.

Purchase glow sticks from a craft store or online at www.glowuniverse.com

I use glow bracelets or necklaces and I tape them to the basketball rim in the morning before the event starts then put up new ones as needed at lunch. With the lights on you really don’t see them but they glow well in the dark.

You can also tape the glow bracelets or necklaces on all the lines of the basketballs with clear mailing tape for extra glow balls. To keep these basketballs glowing throughout the day place them in a garbage bag and store them in a freezer until you need them.
Jump Stations
(Posters! At a lot of my stations, I have blank bulletin board paper on the wall with a simple sentence like “I can jump 10 times without stopping!” If a student is able to do that, he/she can sign his/her name on the bulletin board. They LOVE it!)

Single Jump Rope

Helicopter
One of the helpers will spin a jump rope on the ground and the students participating at the station will try to jump over it as it comes to them. Jump High!!

Jump Jump Jump!
You can jump rope however you would like (safely of course)!

Some ideas…
Forward
Backward
Jump on Left foot
Jump on Right foot
Cross your feet and jump
Run in place and jump

GET CREATIVE, BUT BE SAFE!!

Partner Jump Rope
Jump rope with a partner!
Each of you hold one handle of the jump rope (with your outside hand).
Count together and JUMP!!!
You can also have one person hold the jump rope and have the partner stand in front of the holder!

If you can jump together, sign the poster on the wall!!
**Long Jump Rope**

Take turns jumping with the long jump rope. After each student has had a couple of turns, try getting the whole group to jump at the same time with the station helpers spinning the rope!

**Spin and shoot!**

This is a definitely a challenging station... Your goal is to not only jump while your partners spin the rope, but try and shoot a basketball into the hoop!! You have two chances shooting the basketball while you jump. After two turns, you must rotate. Make sure everyone gets a turn!

**Large group Jump Rope**

If you have a long enough jump rope, you can try and get the whole class to run under the jump rope while it spins. You can try to get the whole class to jump, but that would be pretty tough!

**GET CREATIVE AND SHARE IDEAS!!!!!!**

Thank you for attending my session and I wish you the best with your event! If you have any questions about how hosting an event works, don’t hesitate to contact me! The kids LOVE this event! It is a great experience for all involved. If you have a thought, or a new idea, try it! The worst that can happen is it doesn’t work and you adapt it for the next time around! Thanks again for making Hoops for Heart a success!

Enjoy!!
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