**Skeleton Basketball**

**Explanation:**
Understanding and knowing names, location and function of the basic bones of the human body helps a person understand how the skeletal system affects movement. A strong skeletal system provides structure by giving the body form. The bones also protect the internal organs.

There are approximately 206 bones in the human body. Where two or more bones meet a joint is formed, and a joint is needed for movement. For example, bending your arm while doing the bicep curl can occur because of the elbow joint. There are several types of joints in the body. Common joints that play a greater role in large movements necessary for a physically active lifestyle are the ball and socket and hinge joints.

Movements in the joints have specific names that help to describe actions. Bending a joint, or reducing the joint angle, is referred to as flexion. Straightening a joint or increasing the joint angle is referred to as extension. For example, bending the elbow while doing a bicep curl would be flexion and straightening the arm would be extension. Shooting a basketball involves arm flexion and extension.

**Directions:**
1. Divide class into small teams of 3 to 4 players each.
2. Each team has one basketball and a set of bones (resource CD).
3. Students take turns dribbling to a poly spot and taking one shot at the basket. If a basket is made he/she picks a bone card, retrieves the ball and dribbles back to the team. The next player then dribbles to a poly spot and shoots.
4. If the shot is missed, the shooter rebounds and quickly passes the ball back to the next player in line. The game continues until the skeleton is formed.
5. The team that correctly puts the skeleton together first wins.

**Variations:**
1. Time the game; team with most bones in place wins.
2. Assign a specific bone to each poly spot.
3. Assign a designated type of shot (free-throw, bank shot, nothing but net, jump shot, set shot, lay in, hook shot) to each poly spot.

**Assessment Ideas:**
1. Ask the students where a bone is located and have them point to the location.
2. Teacher points to a bone and students call out the name of that bone.
3. Ask which bone connects to the (femur or similar).
4. Which bone(s) supports the (shoulder joint or similar).
5. Name the joint and type of joint used when shooting a basketball.
6. Use similar questions at the end of the game to review the names, location and function of the basic bones.
Skeleton Basketball - continued

Diagram:

- Hula Hoop
- Cones
- Bones
- Skeleton
- Students
- Poly Spot
- Basketball Basket