



Physical Education: Basketball

Spirit Academy Basketball teams provide instruction for boys and girls that emphasizes proper basketball techniques through drills and games to establish good basketball playing habits. The program is designed to help students achieve physical fitness and sportsmanship. Ball handling drills, shooting fundamentals and many other skill based instructional programs are combined with games and other competitions. Students will participate in a wide range of activities designed to promote health, nutrition, and greater physical fitness. Through synchronous assessment activities, students along with the coaches will set personal goals, track their progress on achieving those goals, and be held accountable. Throughout the season/class, students will participate in individual and team activities. Health and nutrition lessons covered throughout the season/class survey a range of topics, including hydration, heat exhaustion, proper nutrition, and the dangers of over-training.