



Basketball Program



One Culture Basketball Program!

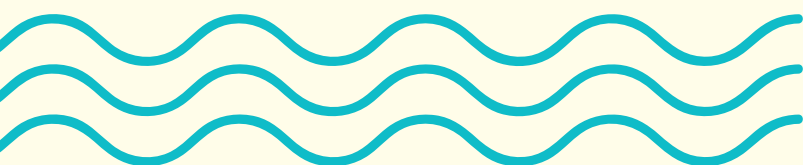


Meet our Head Coach, Kim!



Kim is patient, understanding and energetic. Her aim as a One Culture worker is to help participants live as independently as possible in the areas that they need and try to make a positive difference in someone's life.

In her spare time you can find Kim playing football (soccer) and futsal, singing and dancing.



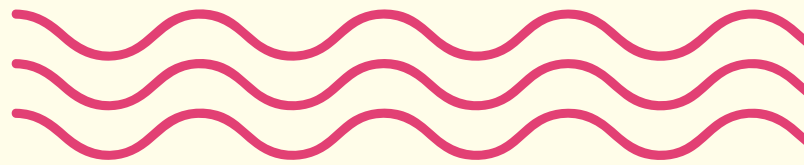
You will be attending our Basketball Program at...

The Lights Community and Sports Centre

Hampstead Road, Lightsvue

Mondays: 4pm - 5:30pm (Juniors) and 5:30pm - 7pm (Seniors)

Throughout the school terms



Here are some pictures of the location



Here is some of the equipment we will be using



Basketball



Cones



Bibs



Net



What other equipment do you like to use?

Let Kim know!

This is what your basketball session might look like



Hello/Greeting

We might start the session discussing what you did that day and something that made you feel happy.



Free Play

This may be dribbling and passing the ball or practicing some shots with our Coaches or other participants.



Warm Up Activities

We get your body warmed up through stretches, runs and fun games to get you ready for the session.



Skill Activity

We will be focusing on certain skills for you to practise and learn to improve your basketball abilities.



Game Play

Now it's time to put those skills you've learnt to use and play some basketball!



Cool Down and Session Closure

What did we learn today?

Your session will last for 1.5 hours

Kim's Rules



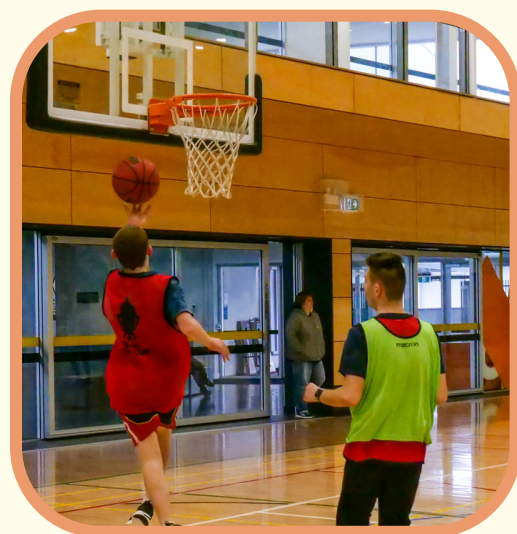
Kim has 3 rules on the court that help to keep you safe!

1 Make sure you are careful when defending and running with the ball.

2 Listen as best as you can.

3 HAVE FUN!

Here's what staying safe while having fun can look like



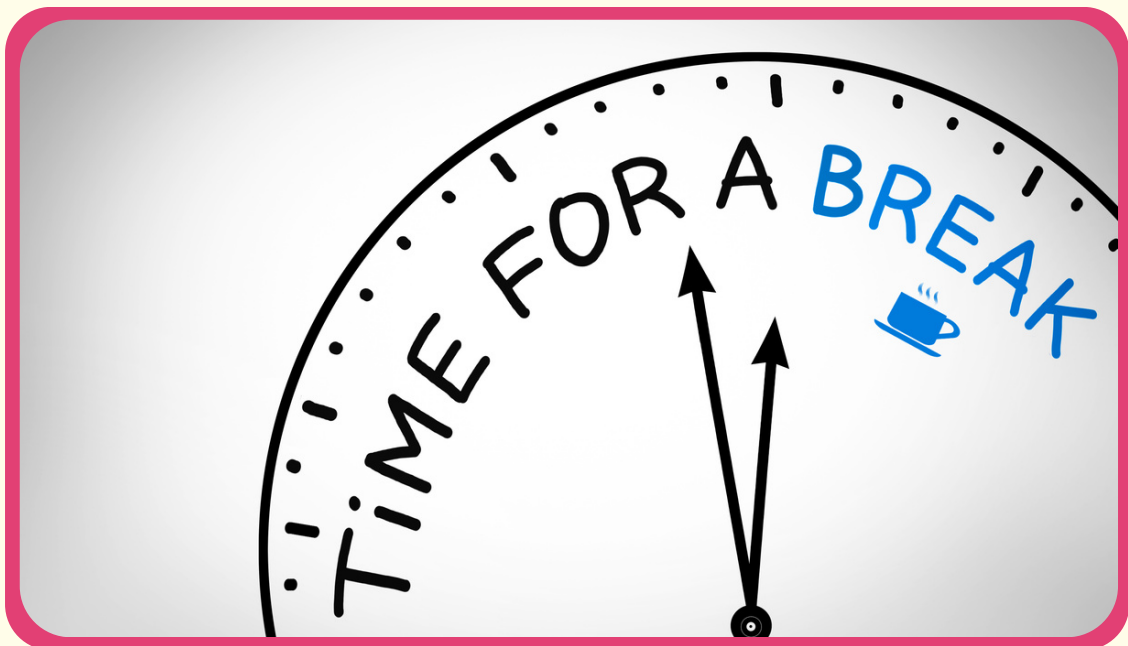
Breaks



If you need a break, you can ask Kim and tell her what you need.

You can tell Kim that you are ready to join in again returning to the group session.

Make sure if you need a break that you stay to the side of the pitch where Kim can see you.



Thank you



Thank you for taking the time to read through our Social Story.

If you have any feedback, recommendations, questions, or comments please email us at the address listed at the bottom of the page.

We can't wait to see you out on the pitch!



Phone: 08 7080 3894

Email: info@oneculturegroup.org

