

Introduction



Positive first experience

Providing children with positive first experiences of sport and physical activity is essential if they are going to remain active for life. Research highlights the importance of providing children with experiences of sport that foster movement and self-esteem as well as motivational and social development. Supporting children in the development of these areas will ensure they associate basketball with having fun, leading to healthier and happier children.

This Slam Jam resource is aimed at children aged between 7 and 11 and is not about developing elite basketball players, but supporting children's physical and emotional needs. Adopting the Slam Jam principles will help activators to provide developmentally appropriate basketball sessions, where players will naturally develop at their own pace.

Slam Jam Principles

- Children are children, not mini adults.
- All children must be involved all of the time.
- Mistakes are a part of learning; they are to be encouraged, not criticised.
- Focus on involvement and game-based activities, not technical competence or performance.
- Success is not measured on the scoreboard, but by children smiling and coming back next time.

FIND OUT MORE AT:

www.basketballengland.co.uk



Running a Slam Jam session



How the cards work

Although Slam Jam is not about developing the next big star, all of the activity cards support the development of basketball skills. Each card has a session focus. However, some children may struggle to master these skills, so be flexible and prioritise fun and enjoyment over technical competence.

Slam Jam sessions will naturally support the development of skills anyway; they just might not look like adult skills.

Session Format

Adopting the Slam Jam principles, each session will follow the format of **movement development** (A cards), **game introduction** (B cards) and **game development** (C cards). Cards are colour coded to give activators flexibility with activities; mixing cards up is fine as long as the same colour cards are used together. Sessions will last between 45 and 60 minutes and should aim to keep all children engaged for most of the time. Cards can be delivered in numerical order or in an order that suits the children's motivations, so don't worry about delivering the session in a linear fashion.

The movement development section of the cards will support children to enhance their physical literacy skills and should always be delivered first to prepare the children for the game-based activities. The game element of the cards will provide players with opportunities to solve problems, work with others and experience the exciting parts of basketball. Games should not be viewed as reward for good behaviour, but an essential learning tool that also supports children's motivations.

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