



HOMECOURT PE CURRICULUM

STAY ACTIVE - PLAY - COMPETE

VOLUME 1



WHAT IS HOMECOURT?

- Free app in the iOS App Store - <https://homecourt.app/download>
- Works on iPhone or iPad
- Uses the camera to capture movement
- Interactive activities and drills
- Not just for basketball



A person in a dark shirt and shorts is dribbling a basketball on a portable hoop system. A smartphone is attached to the front of the hoop, displaying a video of the same person playing basketball. The background is a lush green hedge.

THINGS TO CONSIDER

- Size of activity area
- Basketball/ball available
- Indoors or outdoors
- Age appropriate
- Time
- Squads/Teams

INTRO

We have outlined some suggestions for how Homecourt can be implemented into a home based curriculum, using the interactive software to deliver meaningful physical education sessions either remotely with apps such as GoogleClassroom or with work packs given to parents.

All the information within this pack is guidance on how a Homecourt Curriculum Program may look like for your pupils. Focusing on the stages and components of a coaching session each work out will consist of a warm up, conditioning drill, competitive element, and a cool down.

With the variety of features built in to the app you will be able to create workouts that will or will not require a basketball. Having a variety of options allows pupils to access and engage with minimal space available.

You may decide to stretch out the program and gradually introduce new features or create sessions that are more intense and include more of a variety depending on your time frame.

Every week HomeCourt will deliver new lesson plans including Parent Handouts at: homecourt.ai/pe

ADDITIONAL LEARNING OPPORTUNITIES

NUMERACY - The app itself provides a guide to how many calories are burnt during each workout. Pupils could be asked to track their calorie expenditure using this feature or more accurately with their own wearable device.

LITERACY - Providing open ended questions to answer at the end of each session or programme. Having pupils submit answers wirelessly could be an excellent way to track literacy progress such as sentence structure, spelling, punctuation and grammar.

DIGITAL COMPETENCE - Pupils can be asked to create their own warm up routine or even a full workout that can be submitted and shared with others in the class. These can be in a Vlog format or a step by step guide created using Clips or iMovie

Workouts recorded on HomeCourt can be easily exported into video format and further edited or shared.



STEP 1: WARM UPS

Pupils must understand how to warm up effectively. Complete the 3 stage warm up before any physical activity. Video examples could be provided for each warm up. [Example video](#)

STAGE 1 - PULSE RAISER - each exercise should be performed for 30 seconds

Activities : Jogging on the spot, jumping jacks, high knees

STAGE 2 - STRETCHING - dynamic stretches

Activities: Lunges, Air Squats, Arm Rotations, Leg Swings

STAGE 3 - GETTING READY

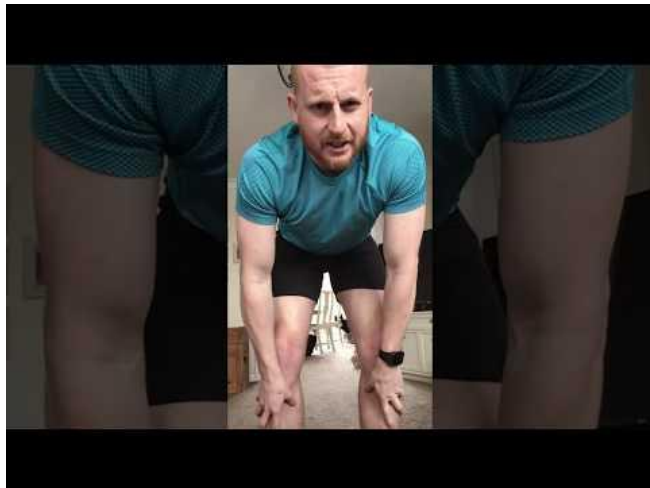
May differ if pupils are performing agility drills or ball drills

No Ball = 5 Explosive squat jumps, 10 Alternate Lunge Jump, 5 Burpees

Ball = 20 single left hand, 20 single right hand, 20 Crossovers

Learning Opportunities:

- Why do we warm up?
- What muscles are we targeting?
- Teachers or parents can use effective questioning throughout the warm up to challenge pupils knowledge



Submit a warm up video for your pupils to follow onto their Google Classroom

STEP 2: BASELINE SCORES

Drill (example)	Start Score	End of week 2
Lateral Quickness		
Shuttle Run		
Agility Hurdles		
Lane Agility		

Basketball users can record ball handling drill scores

Drill (example)	Start Score	End of week 2
Single Target		
Double Target		
Crossover		
Ball Control		

Pupils are to complete 4 Agility Drills and record 4 Baseline scores.

This is to test their current ability so that we can see progress at the end of each week.

You could ask them to re-test every week and track their progress in a larger table for 6 weeks

STEP 3: COOL DOWNS



As everyone knows cooldowns are extremely important, we want to make sure that all participants are properly cooled down at the end of each workout.

This is an opportunity to stop and focus on certain elements of the session. While the pupil is stretching out the parent or teacher can pose some thought provoking questions:

- **How did the session make you feel?**
- **How did your body change when you started to exercise?**
- **How would this workout benefit you in your own sport?**

These types of questions challenge the pupil to structure a sentence as a response and deepens their thinking about the session. For my classes I will post these questions onto google classroom and assess their responses, hopefully this will add a little more meaning to each workout.

Areas of focus: Quadriceps, Hamstrings, Calfs, Glutes, Back and Shoulders

DAILY WORKOUTS

On the days between your sessions you have the opportunity to complete some of the other awesome features.

- Individuals with a ball can work through the ball handling fundamentals and ball handling drills
- Each workout that is created can be tailored to your pupils needs. If you know the ability levels of your pupils you can adjust as appropriate.
- Getting them active straight away with a warm up, progressing onto a skill related drill and finally a competitive element. 30 mins of active fun that can be accessed by anyone with a device.

CHALLENGES

- Design your own warm up routine consisting of 3 pulse raisers, 4 dynamic stretches and 3 explosive movements. Record your own warm up video to follow in future sessions or share with friends for them to try it out.
- Complete 300 Left and 300 right to see which hand scores better. Can you improve your non dominant hands score to try and match your best.
- Set the pupils a calorie challenge, depending on the ability level of the individual will dictate how high you set this target. Using the app or their own wearable to track their calorie expenditure.

A person is seen from behind, dribbling a basketball on an outdoor court. They are wearing a dark t-shirt, dark shorts, and red and white sneakers. A basketball hoop is visible in the background, and a white cone is in the foreground on the left. The scene is set outdoors with trees and a clear sky.

WORKOUTS

This 2 week programme has been broken down to 2x30min workouts per week. Daily challenges can be added on days of your choice.

WORKOUT 1: AGILITY HURDLES (30 MINS)

WEEK 1

1. Start with the warm up (8-10 mins)

Follow the 3 steps outlined on page 5.

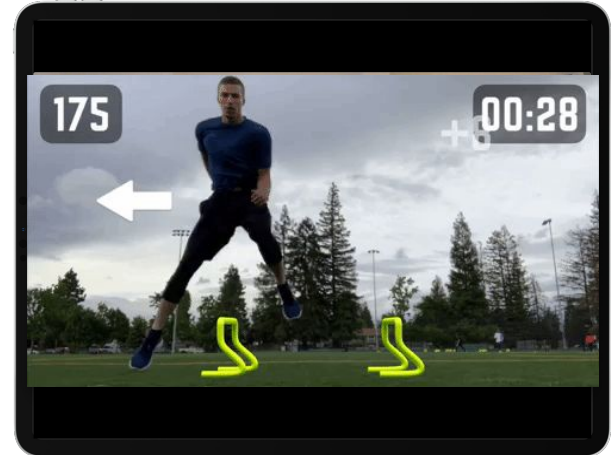
2. Agility Hurdles (10 - 12 mins)

Today's workout pupils will focus on balance, explosiveness and speed. It is important for pupils to maintain good posture and form throughout each movement.

Rules of the activity:

- Move from side to side of the screen
- Step over each hurdle as you move laterally
- Try to avoid hitting hurdles with your feet
- Move back and forth clearing the hurdles as quick as possible for the full workout

Perform the drill a total of 4 times. Making sure that you rest for 2 mins between each exercise. To increase the difficulty of the drill - extend the time of the workouts or shorten the rest period in between.

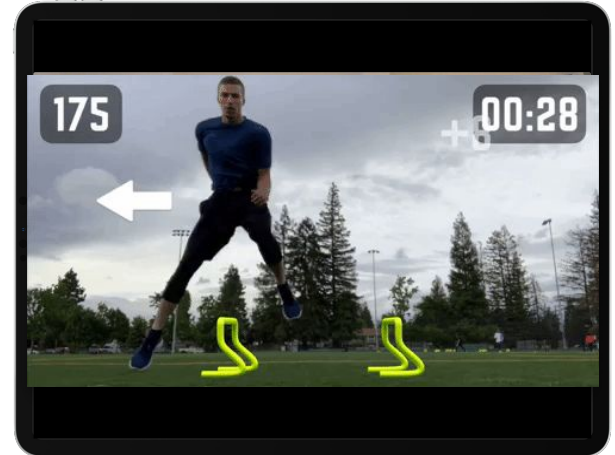


WORKOUT 1: AGILITY HURDLES (30 MINS)

WEEK 1

Teaching Points:

- Drive your knees to your chest
- Keep your back upright
- Eyes forward and focused
- Try not to knock over hurdles, but don't get discouraged if you do at first



WORKOUT 1: AGILITY HURDLES (continued)

WEEK 1

3. 1 or 2 player reaction time (5 mins)

The hard work is done now compete against yourself or someone else in the reaction time game: **Loser has to do 10 press ups**

4. Cool down and questions (5 mins)

Complete a range of static stretches focusing on the working muscles. While stretching parents/teachers can ask thought provoking / open ended questions such as:

How would these exercises help a basketball player in a game?

How did we feel after the session?

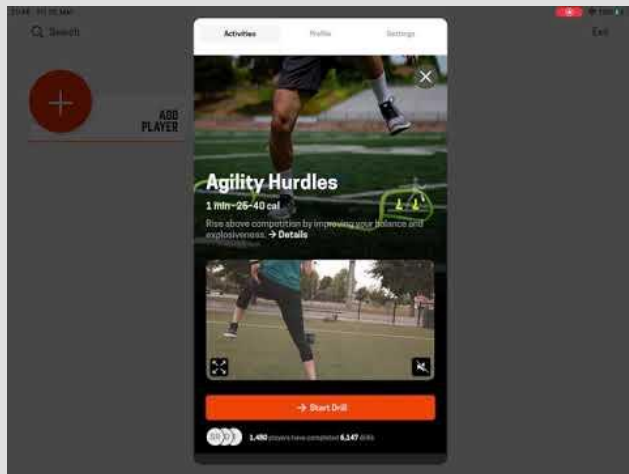
Questions can be applied to that child's favourite sport e.g Hockey, Netball, Badminton, etc.

Answer: having quick hand-eye reaction time helps a basketball defender quickly steal the ball from their opponent without fouling

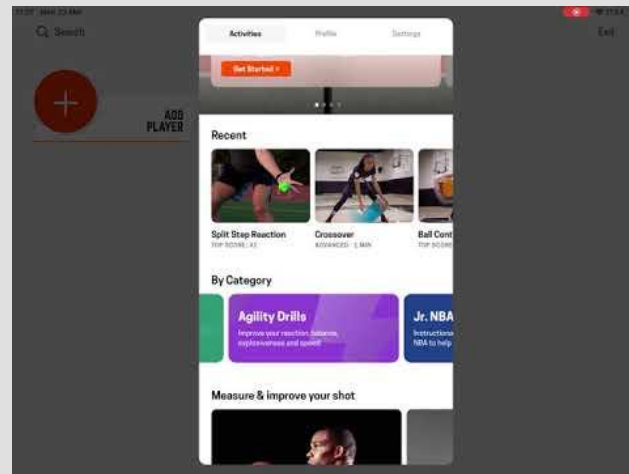


WORKOUT STEP-BY-STEP

Agility Hurdles



Reaction Time



WORKOUT 2: LATERAL QUICKNESS (30 MINS)

WEEK 1

1. Start with the warm up (8-10 mins)

Follow the 3 steps outlined on page 5.

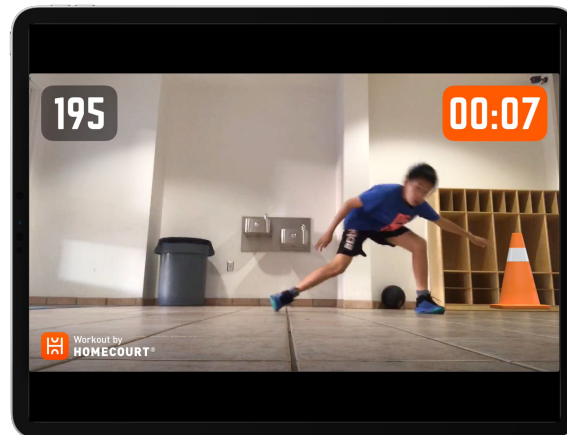
2. Lateral quickness (10-12 mins)

Today's workout pupils will focus on being able to stay low while maintaining a proper athletic position. Pushing yourself for a full minute at a time.

Rules of the activity:

- Stay low by bending the knees, not the waist
- Always keep head and feet visible on the screen
- Step-slide quickly from side to side
- Touch as many cones as possible

Perform the drill a total of 4 times. Making sure that you rest for 3 mins between each exercise. To increase the difficulty of the drill - extend the time of the workouts or shorten the rest period in between.



WORKOUT 2: LATERAL QUICKNESS (continued)

WEEK 1

Teaching Points:

- Stay low and keep your legs and glutes engaged
- Move laterally (shuffle) avoid turning body and running.
- Keep your back upright - bend the knees
- Eyes forward and focused



WORKOUT 2: LATERAL QUICKNESS (continued)

WEEK 1

3. 1 or 2 player reaction time (5 mins)

The hard work is done now compete against yourself or someone else in the reaction time game.

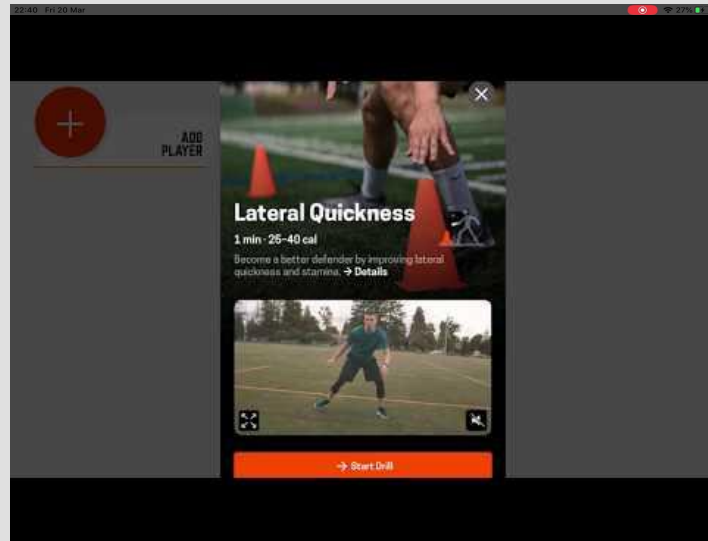
4. Cool down and questions (5 mins)

Complete a range of static stretches focusing on the working muscles. While stretching parents/teachers can ask thought provoking / open ended questions such as: How would these exercises help a football player in a game? How did we feel after the session?

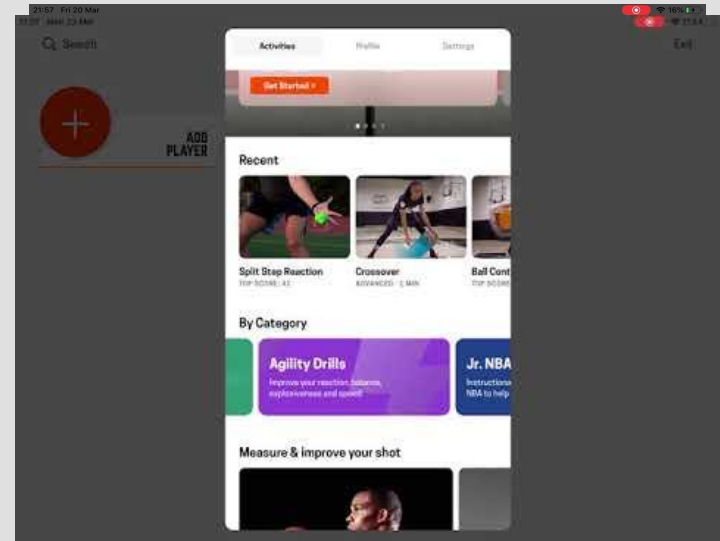


WORKOUT STEP-BY-STEP

Lateral Quickness



Reaction Time



WORKOUT 3: TARGET BUSTERS (30 MINS)

WEEK 2

1. Start with the warm up (8-10 mins)

Follow the 3 steps outlined on page 5.

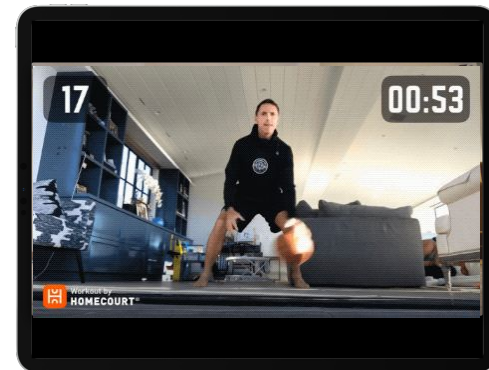
2. Single Target (6-7 mins)

Today's workout pupils will focus on coordination and reaction time while keeping their eyes on the screen and reacting as quickly as possible to hit virtual targets with their off hand.

Rules of the activity:

- Stay low bending the knees not the waist
- Dribble as fast as possible with your head up

Perform the drill a total of **3 times**. Making sure that you **rest for 1 mins** between each exercise



WORKOUT 3: TARGET BUSTERS (continued)

WEEK 2

3. Double Target (6-7 mins)

React quickly as possible to hit virtual targets with your off hand. Use a quick crossover to switch dribbling hands. Perform the drill a total of **3 times**. Making sure that you rest for 1 mins between each exercise.

4. Cool Down & Questions (5 mins)

Complete a range of static stretches focusing on the working muscles. Answer the question posted by your teacher on GoogleClassroom.

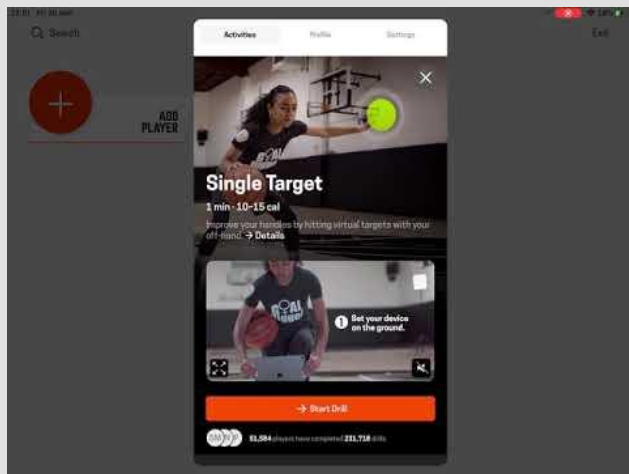
Teaching Points:

- Dribble faster to make more targets appear
- Keep your back upright
- Hit targets quicker for higher points

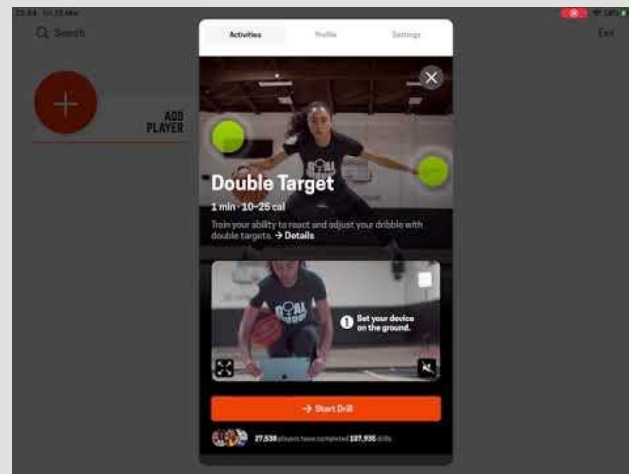


WORKOUT STEP-BY-STEP

Single Target



Double Target



WORKOUT 4: TOTAL CONTROL (30 MINS)

WEEK 2

1. **Warm Up - Today's session create your own warm up - use the internet to help you (10-12mins)**

- Perform 3 pulse raisers and 4 dynamic stretches for 30 seconds each. 20 left hand bounces, 20 right hand bounces, 30 crossovers.

2. **Ball Control x3 (6-7 mins)**

- Working on your ball control with wide crossovers to hit the virtual targets Record all scores

3. **Cross Over x3 (6-7 mins)**

- This drill is all about speed and fast hands, once you hit the blue virtual target boost your score with quick crossovers

4. **Hesitation x3 (6-7 mins)**

- Practice your hesitation dribble, 2 dribbles will change the target color, use a hesitation dribble to pause the target color on green and hit it with your off hand.



WORKOUT 4: TOTAL CONTROL (30 MINS)

WEEK 2

5. Cool Down (5-10 mins)

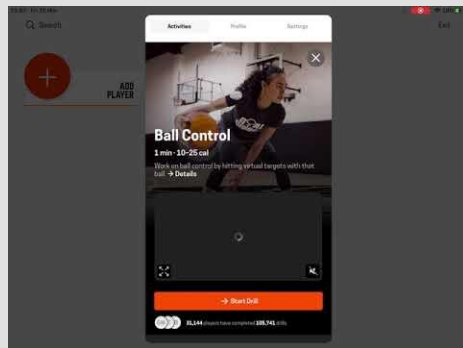
- While cooling down total up your scores from all 9 drills you performed - Submit your total to **Google Classroom**.
- Perform a variety of static stretches.

Teaching Points:

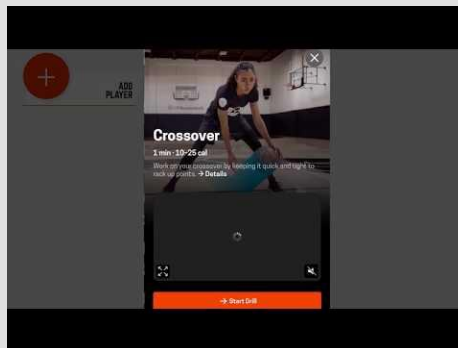
- Dribble faster to make more targets appear
- Keep your back upright
- Focus on keeping your eyes up instead of looking at the ball
- Go as fast as you can for the crossover when you hit the blue target
- Hit targets quicker for higher points

WORKOUT STEP-BY-STEP

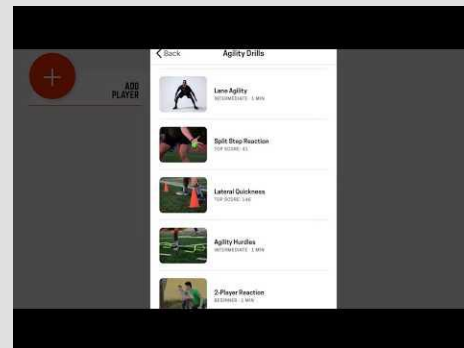
Ball Control



Ball Crossover



Hesitation



A person in a dark shirt is seen from behind, standing outdoors. In the background, there is a basketball hoop and some greenery. The text "STAY TUNED" is overlaid in large white letters.

STAY TUNED

- **Bookmark the website: <http://homecourt.ai/pe>**
- **Subscribe to the mailing list**
- **Every week HomeCourt will deliver new lesson plans**
- **Parent handouts you can use will also be posted here**
- **All future programmes will be posted in Google Slides format. This makes it easy for you to edit and tailor the programme to suit your pupils needs.**