

Hot Shots Tournament



STEPS:

1. Hot shots is a basketball competition for boys and girls in grades 6 – 8. It's a competition against the clock, not against classmates. The purpose is to make the connection between sports and top performance, without tobacco.
2. Work with gym teachers in your school to create a competition among gym classes in your school. If you are feeling ambitious, work with VKAT's in your region to have a region-wide Hot Shots competition. It is best to make it part of a gym class. That way, you have complete (or near complete) participation.
3. Each contest starts with a tobacco education opportunity. It takes about 15 minutes to give some information about tobacco and the health effects.
4. Next is a round of free throws against a clock. There are marks on the floor with points assigned to each mark. Students are given 60 seconds to shoot as many baskets as possible from their choice of spots. They can stay in one place the whole time or move around.
5. Boys and girls shoot separately with the top three scorers moving on to the next round.
6. Start with gym classes, and then move to grade-wide shoot outs. If you have a small school, combine with other schools in your area.
7. This event could be adapted for other sports such as soccer, field hockey, football, or even skiing and snowboarding. Decide based on the interest in your community in different sports.