

NOVA International School Skopje

After -School Activities



Basketball is one of the most popular sports in the world and one of the most widely viewed. It is a team sport that involves two teams of five active players each trying to score points against one another by throwing a ball through a high hoop (the 'basket') under organized rules. It is played on both indoor and outdoor courts.

Health benefits of basketball

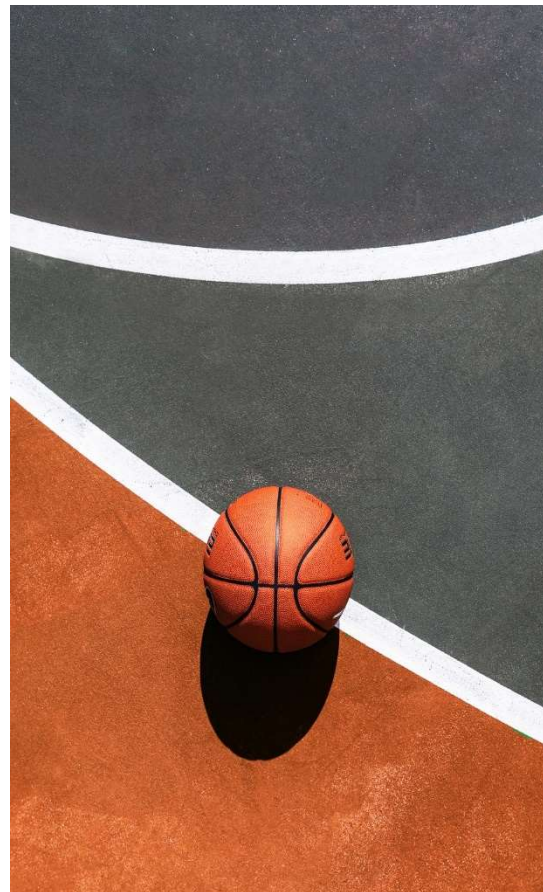
Basketball involves a lot of starting and stopping. While not renowned as an aerobic sport, it is still a great workout that can help you:

- burn calories
- build endurance
- improve balance and coordination
- develop concentration and self-discipline build up muscle.

Other benefits of basketball

As well as being a great way to stay fit, basketball can also:

- help you to make new friends and see them regularly teach you about being a good team player
 - be played by people of all ages and all abilities
 - be a fun game that kids of all levels and ages can enjoy
 - be practiced alone – all you need is a ball and a hoop (and you can find a hoop in most local parks and school grounds)
 - be played and enjoyed with as few as two people



We kindly invite you to join us at basketball practice!

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Grades: 2 – 5 / Monthly Fee: 2000 den