

OBJECTIVES	EQUIPMENT	SPARK HEALTHY MESSAGES
<ul style="list-style-type: none"> <li>• Hand-eye and foot-eye coordination</li> <li>• Agilty</li> <li>• Kicking</li> <li>• Passing</li> <li>• Trapping</li> </ul>	<ul style="list-style-type: none"> <li>• 1 basketball /child (or any type of ball that bounces)</li> <li>• 1 soccer ball /child (or any type of ball that can be kicked)</li> <li>• Music and player (optional)</li> <li>• 4 cones for boundaries (optional)</li> </ul>	<p><b>Select fruits &amp; vegetables</b> Apples are super healthy for you and tasty too. Think of a new way to eat apples every day this week: sliced, whole, cubed in oatmeal, with peanut butter, apple sauce, in yogurt, in a pie, juice, cider, etc. Enjoy!</p>

ACTIVITY	WHAT YOU DO	WHAT YOU SAY
<p><b>ACTIVITY 1: DRIBBLE KEEP AWAY</b></p>	<ul style="list-style-type: none"> <li>• Scatter everyone within activity area – each with a basketball (or any ball that bounces).</li> <li>• Utilize a space on the floor / ground that will allow balls to bounce.</li> <li>• Identify activity area / boundaries.</li> </ul> <p>• Repeat several times.</p> <p><b>Extension:</b></p> <ul style="list-style-type: none"> <li>• Same game, now dribbling soccer-style (controlling ball with feet only) – can utilize a grassy area.</li> </ul>	<ul style="list-style-type: none"> <li>• Today, we’re going to play “Dribble Keep Away!”</li> <li>• The object is to dribble basketball-style your own ball within boundaries.</li> <li>• Use your off hand to try and tap someone else’s ball out of bounds while keeping yours under control.</li> <li>• If your ball goes out of bounds, retrieve it quickly and rejoin the game.</li> <li>• Keep your ball close; dirbble low; keep your head up; stay within our boundaries!</li> </ul> <p><b>Extension Cues:</b></p> <ul style="list-style-type: none"> <li>• Gently tap the ball using the inside of your foot between the laces and big toe.</li> <li>• Keep the ball close to your body when dribbling.</li> <li>• Keep your eyes up so that you can see others as well as any obstacles in the area.</li> </ul>