### OBJECTIVES
- Hand-eye and foot-eye coordination
- Agility
- Kicking
- Passing
- Trapping

### EQUIPMENT
- 1 basketball/child (or any type of ball that bounces)
- 1 soccer ball/child (or any type of ball that can be kicked)
- Music and player (optional)
- 4 cones for boundaries (optional)

### SPARK HEALTHY MESSAGES
Select fruits & vegetables
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!

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### ACTIVITY

<table>
<thead>
<tr>
<th>ACTIVITY 1: DRIBBLE KEEP AWAY</th>
<th>WHAT YOU DO</th>
<th>WHAT YOU SAY</th>
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</thead>
<tbody>
<tr>
<td>Scatter everyone within activity area – each with a basketball (or any ball that bounces).</td>
<td>Today, we’re going to play “Dribble Keep Away!”</td>
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<tr>
<td>Utilize a space on the floor/ground that will allow balls to bounce.</td>
<td>The object is to dribble basketball-style your own ball within boundaries.</td>
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<tr>
<td>Identify activity area/boundaries.</td>
<td>Use your off hand to try and tap someone else’s ball out of bounds while keeping yours under control.</td>
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<td>Repeat several times.</td>
<td>If your ball goes out of bounds, retrieve it quickly and rejoin the game.</td>
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**Extension:**
- Same game, now dribbling soccer-style (controlling ball with feet only) – can utilize a grassy area.
- Gently tap the ball using the inside of your foot between the laces and big toe.
- Keep the ball close to your body when dribbling.
- Keep your eyes up so that you can see others as well as any obstacles in the area.