

OBJECTIVES	EQUIPMENT	SPARK HEALTHY MESSAGE
<ul style="list-style-type: none"> • Dribbling • Shooting • Rebounding 	<ul style="list-style-type: none"> • 1 ball /child (must bounce like a basketball, utility ball, or playground ball) • Music and player (optional) • 6 Hoops/Baskets – official basketball size, youth size, trash cans, baskets, or bins. 	<p>Play actively Create a basketball obstacle course at home. Include all the skills that involve dribbling, ball-handling, passing and shooting.</p>

ACTIVITY	WHAT YOU DO	WHAT YOU SAY
<p>ACTIVITY 1: AROUND THE WORLD – BASKETBALL STYLE</p>	<ul style="list-style-type: none"> • Give each child (or have child select) a ball that bounces. • Best to play on blacktop, cement, hard ground – driveway, basketball court, park. • If possible, utilize official basketball hoops (at a park) and if not, substitute with garbage cans, baskets, or bins. • Identify baskets or targets and which direction to dribble and shoot. Can be fewer than 6 baskets or more than 6 if enough objects. • Allow enough time to practice. Repeat multiple times based on number of baskets, space, and time. • Allow same amount of time for child to practice dribbling with the opposite hand. 	<ul style="list-style-type: none"> • Today, you'll play "Around the World – Basketball Style!" • The object of "Around the World" is to dribble basketball style and shoot at each basket (or target). • On music start (or "Go") move counterclockwise around to the baskets and use your right hand to dribble the ball. • Take 1 very close shot per basket, rebound your ball and continue dribbling in the same direction to the next basket and shoot. Attempt a shot at all baskets. <p>After trials:</p> <ul style="list-style-type: none"> • Stop dribbling, hold the ball, and turn around. • On cue, begin moving clockwise dribbling with your left hand. • You must dribble left-handed, but you can practice shooting with either hand.

ACTIVITY	WHAT YOU DO	WHAT YOU SAY
	<p>Extension:</p> <ul style="list-style-type: none"> • Have child count the number of baskets they make within a certain amount of time (depending on space and number of baskets: 30 seconds, 1 minute, 3 minutes). • Compare number of baskets made each direction – encourage child to improve score next time. <p>Advance Learners:</p> <ul style="list-style-type: none"> • Challenge child to shoot with their opposite hand when appropriate (e.g., left side of the basket, left-hand layup) 	<ul style="list-style-type: none"> • Complete the rotation to all baskets.