### OBJECTIVES
- Eye-hand coordination
- Reaction time
- Upper body strength

### EQUIPMENT
- 1 tennis ball or rag soft ball / pair
- (rolled up sock, beanbag, crumpled up paper, empty water bottle, toilet paper roll)
- Music and player

### SPARK HEALTHY MESSAGE
**Keep H2O the way to go**
How many glasses a day of water should you drink? (Eight – 8 ounce glasses)

### ACTIVITY

#### ACTIVITY 1: TAKE 8

- Give pair 1 beanbag.
- Pair sitting crosslegged on floor facing each other about 1-2 feet apart, hands on knees, ball between them.
- Lead activity by giving a task then playing music.
- When you stop the music, each child tries to grab the ball.
- Make sure children can’t easily tell when you are going to turn off the music.

- Lead activity first with hands on knees (Level 1). Play 3-5x, then cue opposite hands.
- Challenge children by introducing 2 more levels: a 4-Point bridge (Level 2) and a 4-Point bridge with 1 hand behind their back (Level 3). They choose their level of play.
- Today, you’ll play “Take 8” with your partner!
- In “Take 8” the ball (object) represents a glass of water. Eight – 8 ounce glasses of water are recommended per day.
- I’ll give you different challenges to do while the music plays.
- When the music stops, reach quickly for the ball. Try and take it before your partner does!
- First partner to “Take 8” stand up and celebrate!
- Here we go! Hands on knees, that’s our Level 1. You know what to do when the music stops.
- Who’s ready to challenge themselves with another level? Level 2 is a 4-Point bridge – the push-up position. Can you hold a straight back while the music plays?
- Level 3 is the 4-Point bridge but with 1 hand behind your back! That’s the hand you take the ball with when
<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>WHAT YOU DO</th>
<th>WHAT YOU SAY</th>
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<tbody>
<tr>
<td><strong>Extensions:</strong></td>
<td></td>
<td>then music stops. Choose your level, here we go!</td>
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<td>• Beanbag Hockey: Pairs on hands and knees or push-up position facing each other. They score a goal by sliding the ball through the arms of their opponent. Partner can defend goal with 1-hand. Best to play on smooth floor without carpet.</td>
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<td>• Cooperate or Compete?: Children play in Level 1 or 2 and either shake hands (cooperate) or grasp hands and try to pull the other one over (compete).</td>
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<td><strong>After Trials:</strong></td>
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<td>• Lay side by side facing opposite directions; in “curl-up” position with the ball between you and within reach of your inside hands.</td>
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<td>• Can you curl-up to the beat of the music?</td>
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<td>• When it stops, see who can take the ball first.</td>
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<td><strong>Add 1 for Fun:</strong></td>
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<td>• You and your partner have 1 minute to create your own move and be ready to show it!</td>
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