

| OBJECTIVES  | EQUIPMENT   | SPARK HEALTHY MESSAGE  |
|---|---|--|
| <ul style="list-style-type: none"> <li>• Eye-hand coordination</li> <li>• Reaction time</li> <li>• Upper body strength</li> </ul> | <ul style="list-style-type: none"> <li>• 1 tennis ball or rag softball / pair</li> <li>• (rolled up sock, beanbag, crumpled up paper, empty water bottle, toilet paper roll)</li> <li>• Music and player</li> </ul> | <p><b>Keep H2O the way to go</b><br/>How many glasses a day of water should you drink? (Eight – 8 ounce glasses)</p> |

| ACTIVITY                         | WHAT YOU DO   | WHAT YOU SAY   |
|----------------------------------|---|--|
| <p><b>ACTIVITY 1: TAKE 8</b></p> | <ul style="list-style-type: none"> <li>• Give pair 1 beanbag.</li> <li>• Pair sitting crosslegged on floor facing each other about 1-2 feet apart, hands on knees, ball between them.</li> <li>• Lead activity by giving a task then playing music.</li> <li>• When you stop the music, each child tries to grab the ball.</li> <li>• Make sure children can't easily tell when you are going to turn off the music.</li> <br/> <li>• Lead activity first with hands on knees (Level 1). Play 3-5x, then cue opposite hands.</li> <li>• 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.</li> </ul> | <ul style="list-style-type: none"> <li>• Today, you'll play "Take 8" with your partner!</li> <li>• In "Take 8" the ball (object) represents a glass of water. Eight – 8 ounce glasses of water are recommended per day.</li> <li>• I'll give you different challenges to do while the music plays.</li> <li>• When the music stops, reach quickly for the ball. Try and take it before your partner does!</li> <li>• First partner to "Take 8" stand up and celebrate!</li> <br/> <li>• Here we go! Hands on knees, that's our Level 1. You know what to do when the music stops.</li> <li>• 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?</li> <li>• Level 3 is the 4-Point bridge but with 1 hand behind your back! That's the hand you take the ball with when</li> </ul> |

| ACTIVITY | WHAT YOU DO   | WHAT YOU SAY   |
|----------|---|--|
|          | <p><b>Extensions:</b></p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• 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).</li> </ul> | <p>then music stops.<br/>Choose your level, here we go!</p> <p><b>After Trials:</b></p> <ul style="list-style-type: none"> <li>• Lay side by side facing opposite directions; in “curl-up” position with the ball between you and within reach of your inside hands.</li> <li>• Can you curl-up to the beat of the music?</li> <li>• When it stops, see who can take the ball first.</li> </ul> <p><b>Add 1 for Fun:</b></p> <ul style="list-style-type: none"> <li>• You and your partner have 1 minute to create your own move and be ready to show it!</li> </ul> |