**FOLLOW ALONG**

Grades: 3-8

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| **Equipment**   * 1 basketball per student * 6 large cones * Music and music player (optional) |

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| **Set-up**   * Use cones to create 3 parallel lines 8-10 yards apart – 2 home lines on each end and a center line in the middle. * Students are in pairs. Partners facing each other on opposite home lines. * Identify 1 side to be “Awesome-ness” and one side to be “Bold-atious” * Every student has a basketball. |

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| **Objective**   * The objective of the activity is to work with your partner to create a sequence of 4 basketball moves. |

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| **Description**   * Today’s activity is called Dribble Along. * On the start signal, partners dribble and meet at the center line. Everyone dribbles at the same time. * The Awesome-ness partner creates and teaches a ball handling move to their partner. For example, wrap the ball around both legs, then around the body and then the head. * When both partners finish the move, partners return to their respective lines. * On the next start signal, partners return to the center line, repeat the first move, and then the Bold-atious partner creates and teachers a new basketball move to their partner. * When done with both moves, partners return to their respective lines. * Repeat two more times so that each partner creates two basketball moves (4 moves total). * If time permits, allow some students to show off the skill patterns that they created. |

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| **FUN HEART HEALTH INFO**   * The Fairy Fly (a kind of wasp), has the smallest known heart of any living animal. |