**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.
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