

FOLLOW ALONG

Grades: 3-8

EQUIPMENT

- 1 basketball per student
- 6 large cones
- Music and music player (optional)

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.

OBJECTIVE

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

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 teaches 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.

FUN HEART HEALTH INFO

- The Fairy Fly (a kind of wasp), has the smallest known heart of any living animal.