

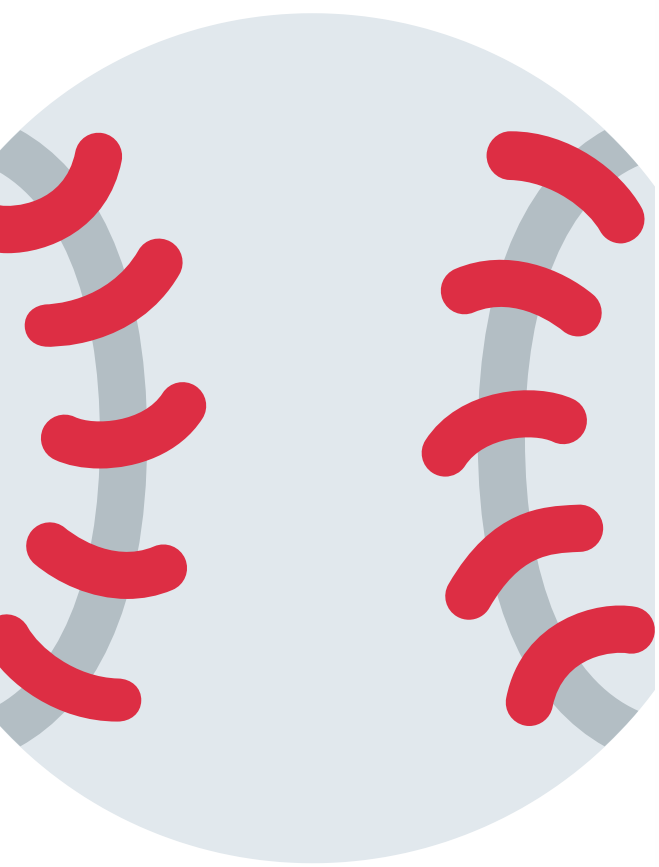


# Basketball With True North (Ages 4-7)

## Warm Up: Balloon Keep Up

**Equipment:** A balloon or a lightweight ball

**Description:** Using their hands to bump the balloon into the air, kids see how long they can keep the balloon up before it touches the ground. The only rule is that there is no holding the balloon. For an extra challenge see if your child can only use one hand. For more than one child or participant alternate who touches the balloon (similar to volleyball the same person cannot touch the balloon twice in a row).



## Activity: Musical Dribble (Dribbling)

**Equipment:** A basketball or a ball that can be used for dribbling

**Description:** Similar to musical chairs have your child dribble a ball to music, every time the music stops they must pickup their dribble as quickly as they can. You can also progress this activity for specific dribbling moves; right hand, left hand, low dribble, high dribble, crossover (alternating hands) and associating skill moves (i.e, behind the back or between the legs, etc) to specific words in the song.



## Activity: Stuffed Animal Toss (Shooting)

**Equipment:** Stuffed animals or stuffed toys and a laundry basket or bin

**Description:** Collect 5 stuffed animals and a laundry basket. Pick a starting point for your first throw. Take 5 shots, seeing how many you can get in. Try again, trying to beat your score. To make it harder stand further back.

