Ready
- 4 cones (for boundaries)
- 1 hoop per student
- 1 8½" playground ball per student
- 1 deck of playing cards (with face cards removed)
- Music and player

Set
- Create large (30X30 paces) activity area.
- Scatter hoops within area.
- Place 1 playing card, face down, in each hoop.
- Send students to select 1 ball each, then scatter along perimeter.

GO!
1. Our game is called It’s in the Cards.
2. When the music starts, dribble your ball (basketball style) to a hoop. If someone is already in the hoop you dribbled to, leave and find an open hoop.
   If you arrive at the same time as someone else, solve the problem by talking, or play rock, paper, scissors (demonstrate).
3. Once inside a hoop, pick up the card, and turn it over. If the card is black, stand in the hoop, and dribble your ball the number of times the card shows. If the card is red, stand in the hoop, and bounce and catch the ball the number of times the card shows.
4. When you finish, dribble to another hoop and repeat.
5. Continue until you hear the music stop. (Allow students plenty of time to play.)
6. Wrap It Up
   - What happens to the speed of the ball when you move your dribbling arm lower?
   - How might you slow the speed of your dribble?
   - At recess, lunch, or at home, practice dribbling slow and fast with both hands.
Foot Dribbling

Use your feet and dribble soccer style! If the card is black, do “Toe Touches:” Tap the top of the ball with 1 foot, then the other, the number on the card. If it is red, do “Hot Potatoes:” Gently push the ball side to side between your feet the number on the card.

Colorful Moves

If the card is black, dribble soccer-style around the outside of the hoop the number of times the card shows. If the card is red, dribble basketball-style around the outside that number of times.

STANDARDS ADDRESSED

• NASPE
  #1, 2 Spatial awareness, locomotor skills, hand-dribbling, bouncing and catching a ball
  #3, 4 Participates in enjoyable, challenging activities, aerobic capacity
  #5, 6 Participates, appreciates, enjoys movement, cooperates in a group setting

Your State (Write in here)

PAULA’S POINTERS

• Remind students of dribbling cues, such as using the finger pads, pushing with the elbows, and keeping the ball waist high or lower.
• Challenge students to alternate dribbling between their preferred and non-preferred hands each round.
• Students should dribble to all hoops before repeating a hoop.

NOTES

Math

I will place 2 playing cards of the same color inside each hoop. Add the 2 cards, and dribble (or bounce and catch) your ball equal to the sum of the cards.