

Time	Lead Teacher	References & Cues	Assistant Teacher	Equipment Needed
0-1 Min	<p>Entry to polyspot circle. Children each sit on a polyspot.</p> <p>Review rules of the polyspot circle:</p> <ul style="list-style-type: none"> • <i>Sit criss/cross applesauce</i> • <i>do not move your polyspot</i> <p><i>“When I say freeze, what do we do? Put your eyes on me, turn listening ears on and make the puffy cheeked monkey face. Great job ☺”</i></p>	<p>Polyspot Picture Card</p> <p>Dribble Task Card</p>	Set up dribble stations	<p>1 playground ball for each child</p> <p>2 orange polyspots and CD player</p>
1-3 mins	<p>Warm up: Animal Action 2 Same as animal action I but with different cues and animals. Play animal action II song. While the music is playing, have the students walk around the polyspot circle and clap to the beat. The teacher should lead them around. Listen for the cues. When you hear the cues, have the children do a movement that is appropriate for the animal action called out. Continue to walk and clap when the music starts again and make appropriate animal actions along with the song.</p>	Warm up CD track number 7	Continue set up	<p>Place an orange polyspot directly in front of one polyspot. Make sure that the students will be facing the center of the room when standing on spots. Place the playground ball on the polyspot.</p>
Transition	Have students sit back on her/his individual polyspot			
3:15-5:15 mins	<p>Go over today’s theme: OSU BUCKEYES</p> <p>Has any seen the OSU Buckeyes play basketball? When you are there Brutus is there to cheer everyone on and help us root for OSU. Well today we are going to dribble like the OSU buckeyes basketball team and we are going to dribble with</p>	Bounce Skill Card	Continue set up	

	<p>Brutus. Do you see the pictures of Brutus on your spots. That's where we are going to dribble the ball.</p> <p>Review the bounce demonstration: Using your finger pads of your favorite hand, bounce the ball just outside the pinky toe of the same side foot (right/right or left/left depending on which hand you use). The ball should bounce waist height. Try to complete 4 dribbles)</p> <p>(Demonstrate without speaking with a front view and a side view)</p> <p><i>“Did anyone notice how high the ball bounced? To my belly, great job! Did you also see that used my fingertips and not my whole hand? I bet you can do that too! But in order to dribble like the OSU Buckeyes we need to practice and work our way up to that. Here is what we are going to do first. We are going to start with our knees on our orange spots, like this (go on the ground and put both knees on two orange polyspots). Then we are going to use two hands to bounce the ball with Brutus onto the spot and catch the ball, 1 time, like this. (bounce the ball onto the spot and catch).</i></p> <ul style="list-style-type: none"> <i>• When I say go, I want each of you to walk slowly to your polyspot and kneel on it like me. Ready, go”</i> 			
30 secs	Transition from polyspot circle to each student’s dribbling spot.			
5:15-15:15 mins	Progression 1: From knees, 2 hands bounce and catch Progression 2: Standing	Dribble Task Card	Assist the Lead teacher in	

	<p>“teacher says skip around the circle”</p>			
<p>17:30 - 18:45 mins</p>	<p>Transition back to polyspot circle and re-demonstrate dribbling from the knees. This time with one hand.</p> <p><i>“We are going to practice our dribbling some more. This time I want you to start on your knees and we are going to bounce with one hand and catch with two. Watch me”</i></p> <p>(Dribble the ball with your favorite hand into the hula hoop and then catch with two hands)</p> <p><i>“When I say go, I want you to walk to your spots. Go! Now I want you to get back down on the spots with your knees”.</i></p> <p>Transition back to the dribbling stations</p>			
<p>18:45 - 28:45 mins</p>	<p>Progressions 3 & 4</p> <p>Progression 3: Same as progression 1 except with one hand. Children are kneeling on polyspots.</p> <p>When dribbling with one hand it is important to emphasize using the finger tips/pads and not slapping the ball with the palm of the hand.</p> <p>Progression 4: Same as progression 2 except with one hand. Children are standing.</p>	<p>CUES: On your knees, bounce and catch, 1 hand bounce, 2 hands catch. Use your finger pads.</p> <p>Dribble Skill Card</p> <p>CUES: bounce and</p>	<p>Assist the Lead teacher in providing cues, feedback and ensuring all students are on-task</p>	

		catch, 1 hand bounce, 2 hands catch. Use your finger pads. Don't let the ball bounce above your belly.		
30 s	Transition back to polyspot circle		Pick up	
29-30 mins	Closure: <i>“Who can tell me how high the ball should bounce? Belly great job!”</i> <i>“Should I use my whole hand or just my finger pads? Finger pads, awesome!”</i> <i>“Did you have fun dribbling with Brutus like an OSU Basketball player?”</i>		Pick up equipment	