

## Jr. Chef Club II Fueling for Physical Activity Lesson 2

### Activities to Do with a Ball

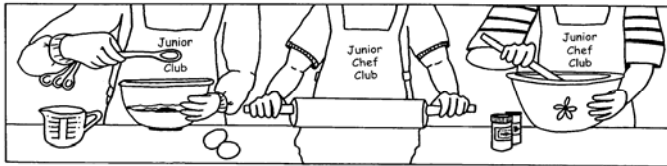


#### With a Group

1. Play dodge ball.
2. Play kick ball.
3. Play catch.
4. Stand opposite your partner. Toss the ball to each other. Take a step backwards each you catch the ball. See how far apart you can get without dropping the ball.
5. Gather your group in a circle. Toss the ball in the air. Try to keep it in the air without anyone using their hands.

#### By Yourself

1. Throw the ball in the air as high as you can and catch it again.
2. Kick the ball against a wall, when it comes back kick it again. Try not to let the ball get past you. No hands!
3. Kick the ball as hard. Go pick up the ball and mark where it was with a rock or something. Go back to where you first kicked the ball and kick it again. See if you can kick it further than the last time.
4. Hold the ball without using any hands. Walk or run around. See how long you can keep the ball from falling.
5. Throw the ball in the air. When it comes back down, hit it back up. Do not let the ball touch the ground, and do not catch it.



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