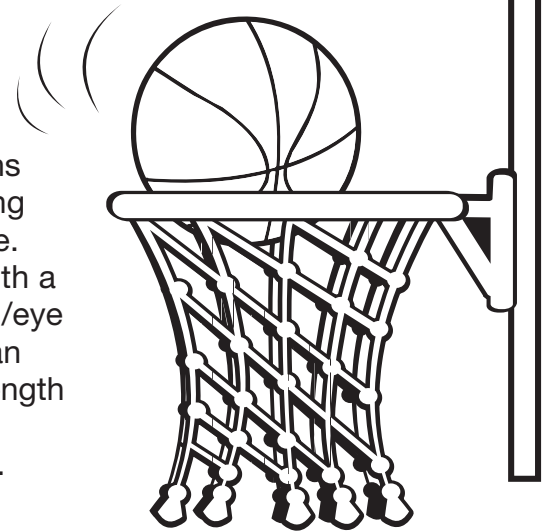


# Lift-Off! Says Hoop-It-Up!

Have you ever heard of hand/eye coordination? This means moving your hands or doing a task with your hands by using your eyes to judge how much movement you need to make. You use hand/eye coordination every time you color, eat with a fork, and ride a bike! Another great example of using hand/eye coordination is shooting basketballs! With practice, you can improve your hand/eye coordination and increase your strength and endurance at the same time! This means you become stronger and can do an activity longer without getting tired. Let's give it a try!



## Let's give it a try!

### **STEP 1**

Find a basketball hoop and a basketball. Perhaps your school has a basketball court, or there may be one at your local park.

### **STEP 2**

Invite a few friends to join you as you shoot some hoops! Be sure to give each of them a copy of this sheet!

### **STEP 3**

Find a spot on the court where everyone will stand to make their basketball shots. One person shoots at a time, while the others stand alongside to get the ball after it is thrown.

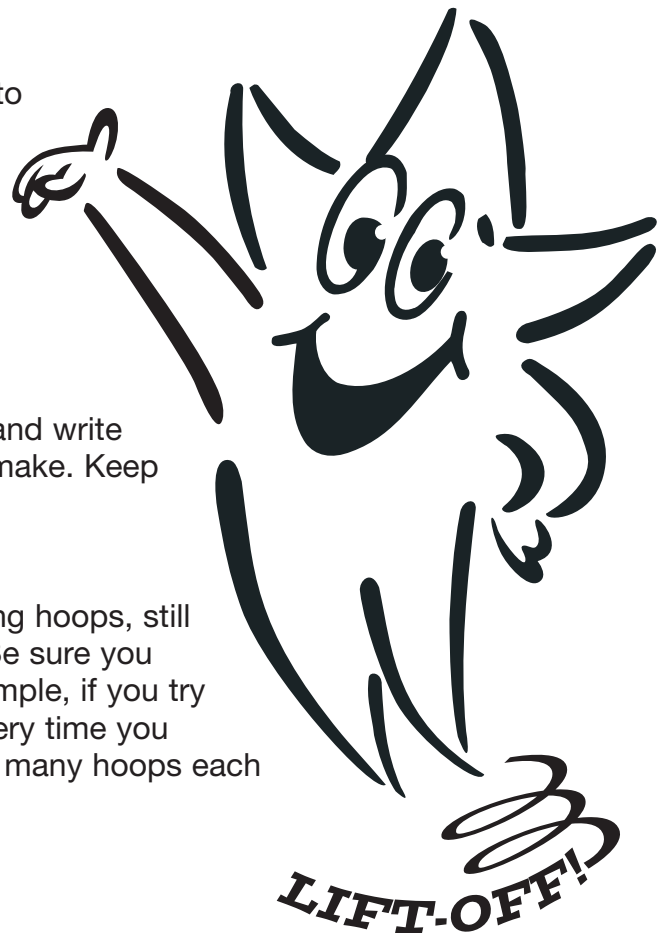
When taking a shot, focus on the basket with your eyes and visualize the ball going through the hoop.

### **STEP 4**

Have each person shoot the ball 10 times in a row and write down on a sheet of paper how many baskets they make. Keep shooting baskets for as long as you want.

### **STEP 5**

Continue meeting with the same friends and shooting hoops, still counting how many baskets each person makes. Be sure you take the same number of shots each time. For example, if you try taking 10 shots 4 times, then you should do this every time you meet. Use the following chart to keep track of how many hoops each person makes each time you get together.



- over -

