

Lesson 5 of 6

Juggling & Agility

EQUIPMENT

station descriptions » felt pens » plastic bags » scarves » bean bags » tennis balls » plastic bottles » beach ball » badminton poles and net » skipping ropes

Warm It Up

SKIP-O-RAMA

Invite students to choose a skipping rope and practice jumping rope in different ways continuously for 3 minutes; e.g., students could turn the rope on one side of the body while jumping at high, medium, and low levels, jump as high as possible, jump on one leg. After 3 minutes, ask students to find a partner and skip at the same time using one rope in various ways, taking turns holding the rope. Instruct students to then form groups of three and figure out ways to jump together using only one rope; e.g., one group member hops in the middle holding one end of the rope while spinning the rope around the waist at a low level, allowing the other two group members to jump over (ashley hop). Instruct students to form groups of 6 and for each group to move to a station set up in the activity area.

ABCD's of Physical Education



RELATED RESOURCES

- Ready-to-Use P.E. Activities for Grades 5-6 (LRC# 257205), J. Landy & M. Landy, 1993, www.lrc.education.gov.ab.ca



Safety First!

2008 Safety Guidelines page 117.



Activity	
Basic Skills	
Application of Basic Skills	A(4-6)-6

Clues that students are achieving the outcome...

"Students will consistently and confidently perform manipulative skills by using elements of body and space awareness, effort and relationship." K-12 *Physical Education Program of Studies, Alberta Learning, 2000.*

- Students can juggle a variety of implements with hands and lower body.
- Students can pass and receive a variety of implements with hands and lower body with a partner and in small groups.



Whoop It Up

MOVEMENT AND JUGGLING STATIONS

Set up five stations in the activity area, one in each corner and one in the centre. Stations might include:

Corner #1 – individual hand juggling

Corner #2 – individual lower body juggling

Corner #3 – group hand juggling

Corner #4 – group lower body juggling

Centre – Sepak Takraw game

Post tips and tricks, rules, or a description of activities at each station as appropriate. Leave room on each station card for students to write additional information; e.g., a new tip, a different way to juggle with a partner, a personal best number of consecutive kicks while juggling with the lower body. Provide a variety of equipment at each of the corner stations to allow students to further develop their juggling skills with a variety of implements that challenge their personal abilities. Place a beach ball at centre court for the takraw game and incorporate any additional safety considerations shared in lesson 4. Play music while students participate in the station activities and stop the music to indicate when to move to the next station. Allow time for each group to visit each of the 5 stations. Determine the length of time each group will spend at a station based on the length of the class. Explain to students you will be observing and recording their ability to juggle a variety of implements with hands and lower body, and send and receive a variety of implements with hands and lower body with a partner and in small groups. Provide descriptive feedback as appropriate, and share your observations with individual students.



Safety First!

2008 Safety Guidelines pages 19-20.



Activity

Wrap It Up

SPEED SKATER COOL DOWN

Instruct station groups to separate into two groups of 3. One member of each group will start in the centre of the activity area, while the two other group members walk around the perimeter. Emphasize the importance of cooling down the body, rather than racing against others. The group member in the centre will complete 3 stretches for 20 seconds each, then high five another group member who moves to the centre to stretch while the other walk. Cool down stretches might include; Flower – squat down in as small a position as possible, slowly stand up and bloom reaching arms to the ceiling while taking one slow, deep breath in, then exhale slowly and lower arms. Fish – lay on one side and arch the back trying to touch heels to the back of the head, then slowly pike forward trying to touch toes to forehead. Clock – stand with legs apart, holding arms above head with hands together at 12 o'clock, slowly move arms from 12 to 6 o'clock, pause, return to 12 and then back to 6 o'clock in the reverse direction.