

Lesson 6 of 6

Juggling & Agility

EQUIPMENT

pylons, bean bags » balloons » hula-hoops
» a variety of balls » plastic grocery bags »
scarves » pop bottles » agility ladders and
boxes » index card » pencils

Warm It Up

PLANK WARS & CRAB WARS

Instruct students to choose a bean bag from the perimeter of the activity area. On the signal to begin, students will hold their body in a front plank position while balancing the bean bag on their head, and move throughout the designated area attempting to get other students to drop their bean bag. Should a student drop their bean bag, they perform a push up, jump in the air, yell “woo hoo” and begin again. After a few minutes of play, instruct students to place their bean bag against the wall and pick up a balloon (be sure to check for latex allergies before using balloons). In the same area, invite students to place the balloon in their lap while in a crab walk position. On the signal to begin, students will crab walk throughout the designated area attempting to knock the balloon out of another student’s lap. Should a student’s balloon touch the floor, they jump up in the air, yell “crab claws” and begin again.

ABCD's of Physical Education



RELATED RESOURCES

- Juggling: From Start to Star (LRC #473059), D. Finnigan et al., 2002, www.lrc.education.gov.ab.ca



Safety First!

2008 Safety Guidelines pages 19-20.



| Activity | |
|-----------------------------|-------|
| Basic Skills | |
| Application of Basic Skills | A5-13 |

Clues that students are achieving the outcome...

“Students will select, perform and refine more challenging basic skills in individual activities; e.g., hacky sack” *K-12 Physical Education Program of Studies, Alberta Learning, 2000.*

- Students can throw, catch and receive at different levels with different objects/implements.
- Students can incorporate movements from multiple individual activities to create an individual skill based group activity.



Whoop It Up

INDIVIDUAL JUGGLING & AGILITY GAME CREATION

As a culminating activity to the series of lessons dedicated to developing juggling skills, challenge students to work in groups of 3-5 to create an activity or relay focused on the juggling and agility skills they have learned incorporating upper and lower body movements and coordination. Provide the following guidelines:

- The activity/relay must be able to be performed by a minimum of 2 and a maximum of 5 people.
- The activity/relay must incorporate both upper and lower body juggling skills.
- The activity/relay must involve all participants in physical activity for the duration of the activity – no stationary component.
- The activity/relay must involve at least 3 pieces of equipment, and the walls, floor, agility ladders, and agility boxes may be incorporated as equipment.

Circulate to each group while the activity/relays are being created to listen to student ideas and offer feedback as to how they might further maximize participation, skill development and fun! Ensure groups practice participating in their activity/relay to ensure it is a meaningful and engaging activity. When ready, groups should describe and possibly draw a diagram of the activity/relay they have created.

Allow time for each group to describe their activity to at least one other group and participate together. Suggested modifications from peers should be recorded on the index cards, which will be collected and used in future classes.



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Wrap It Up

BALLOON WADDLE WARS

Invite all students to find a balloon and place it between their knees. Challenge students to walk around the activity area for 2 minutes without dropping the balloon. Should a student's balloon drop to the floor, they take five steps back and begin again. If a balloon starts to drop, encourage students to use their foot juggling skills to recover the balloon before it hits the ground and place it back between their knees. After two minutes, gather as a large group and provide an opportunity for individual students to share a juggling or leadership skill they have developed or a skill they observed a peer develop in the last six lessons. Celebrate the learning with a standing ovation, and then challenge students to return the balloons to a designated area by keeping it in the air using hands or feet.