

Lesson 2 of 6

Juggling & Agility

EQUIPMENT

grocery bags » scarves » bean bags
» balls » pop bottles » tape » meter
stick » computer » projector

RELATED RESOURCES

- Physical Education Online website, www.education.alberta.ca/physicaleducationonline

ABCD's of Physical Education



Cooperation

Communication	
Fair Play	
Leadership	C(4-5)-4
Teamwork	

Clues that students are achieving the outcome...

"Students will select and demonstrate responsibility for various roles while participating in physical education; and, accept ideas from others that relate to changing/adapting movement experiences." *K-12 Physical Education Program of Studies, Alberta Learning, 2000.*

- Students can demonstrate leadership skills in a variety of roles.
- Students can listen to and carefully consider the ideas of others.

Warm It Up

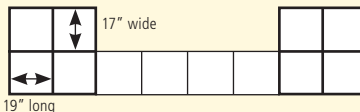
AGILITY BOX LEAP FROG

Add two squares to the end of each agility ladder created in lesson 1 to create agility boxes, and number each square 1-4. Explain to students their challenge during the lesson is to take responsibility for a variety of roles and to listen with an open mind, to the ideas of others. Instruct groups of 4 to stand in single file at one agility box. The last student in each line is the pattern master, and will run to the centre of the activity area to learn the pattern for the round. After learning the pattern; e.g., hop with two feet in boxes 1-4-3-2, the pattern master teaches their group the pattern and watches to ensure all group members complete the pattern correctly. When each group member finishes the pattern, they squat to the ground in a leap frog position to the side of the box. As each group member completes the pattern, they leap frog over all other group members. The pattern master is the last to complete the pattern for the round. Once complete, select a new pattern master and repeat.



Safety First!

2008 Safety Guidelines pages 19-20.



Whoop It Up

GROUP UPPER BODY JUGGLING

Place a variety of objects along a wall of the activity area, and allow five minutes for students to practice juggling with their hands individually. Pair students of differing abilities together and instruct partners to stand 2-3 meters apart. Provide each student with a scarf or plastic grocery bag and challenge pairs to juggle by throwing the scarves to each other simultaneously in various patterns; e.g., throw with right hands, catch with left hands; throw and catch with right hands, then left hands. Introduce a third and fourth scarf. Encourage students to provide feedback and share tips and tricks with each other as they practice juggling a variety of objects. Provide an opportunity for pairs to share strategies that contributed to their success with the large group, and then introduce wall juggling.

WALL JUGGLING: Ask one partner to return the scarves and collect 4 tennis balls while the other partner finds a wall space. Invite students to explore juggling against a wall by throwing one ball against the wall and catching it with the other hand. Encourage students to throw both underhand and overhand, to stand close to and further away from the wall, and to try letting the ball bounce once before catching, try not letting the ball bounce, and try throwing the ball to the floor and catching it after it hits the wall. Consider showing video clips (found online) of a variety of ways to juggle using a wall. Invite students to try juggling two balls against the wall, making use of a variety of tips and tricks identified in lesson 1. Consider standing accordion mats on end and placing them along the centre line of the activity area to create a wall that will reduce the distance stray balls can travel. The final challenge is to wall juggle with a partner. Similar to juggling scarves with a partner, begin with one ball each before adding a third and fourth ball. Students should never catch a ball they have just thrown.



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Wrap It Up

CIRCLE JUGGLE COOL DOWN

Provide each student with a scarf or grocery bag and have them stand in a large circle, shoulder to shoulder, facing inwards. On your signal, have them throw their scarf straight up, take one step to the right and catch the new scarf in front of them. Try other modifications like: more steps, a different direction, or facing outwards.